

Spartan Athletic Newsletter

January 14, 2019 Vol. 3 - #12

North Springs High School

7447 Roswell Road NE, Sandy Springs, GA 30328

www.northspringsathletics.org 470-254-2490

Boys Basketball to the wire with Carver and Banneker

On Tuesday night, the Varsity Boys Basketball team won a close one against a gritty Carver team. We were led by Paris Crawford 14 points, 4 steals and the spectacular game winning 3-pointer to seal the victory at the buzzer of regulation!

Friday night, the Spartans won a close regional game against Banneker. Lead by Leo Sachs 13 points, 5 rebounds and 2 assists, Paris Crawford with 12 points.

Fencing Team Competes at Tournament #7

This weekend our Fencing Team competed in its seventh tournament of the year against Walton, Roswell, Dunwoody, Chattahoochee, North Atlantic, Campbell and Lassiter High Schools.

Congratulations to the Medalist Elaine Wen.

Senior Elaine Wen – finished in 1st Place – Awarded the Gold Medal. Elaine has now won the gold medal for 1st place in 5 of the past 7 tournaments...this is an amazing record!!

In addition, Senior Morgan Hill took 6th place, Freshman Madeline Janowski 7th place and Junior Madeleine Dada 10th place.

For the men:

Junior Christian Norman finished in 5th place.

Congratulations to the Spartan Fencing Team! The Fencing team will now compete in the individual and team championships in the next three weeks. The women's team is currently ranked #2 in the State.



Upcoming Sports Events

December 14

Tennis Tryouts 4pm
Baseball Tryouts 4pm
Boy & Girls Track 4pm

December 15

Boys & Girls JV Basketball @
Lithia Springs HS 4:30pm

Freshman Boys Basketball @
Lithia Springs HS 6:00pm

Girls & Boys Varsity Basketball @
Lithia Springs HS 6:00pm/7:30pm

December 16

Wrestling @ Northview 5:30pm

December 17

SABC Board Meeting 6:30pm

December 18

JV Girls & Boys Basketball @
Pace Academy 4:30pm

Freshman Boys Basketball vs.
Marist 5:30pm

Girls & Boys Varsity Basketball vs.
Maynard Jackson*
6:00pm/7:30pm

December 19

Girls Varsity Basketball @ Pace
Academy 1:30pm

Boys Varsity Basketball @ Pace
Academy 3:00pm

Girls Lacrosse Tryouts

Any students interested in participating in the North Springs Girls Lacrosse program this spring, tryouts will begin on Monday, January 21st. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. NO EXCEPTIONS!!! If you have any questions, see Coach Fleetwood in E008 or email her at fleetwoodtw@fultonschools.org.

Boys Lacrosse Information

We are just under a couple of weeks away from the beginning of the season and it's time to share a few details and have you take some action. Please take time now to note all of the attached information – it is a LONG message, but we hope that in this one communication, we will be answering 95% of your questions.

REGISTRATION – If you plan to join us this season, please take a couple of minutes to register by [clicking here](#) for a link to an online form that will allow you to provide us with information we'll need for the upcoming season!

TEAM MEETING – While we understand that this is extremely short notice, we are planning to hold a parent/player meeting this next **Tuesday, January 15th at 6:00 pm in the Media Center**. Here we will set expectations for the season and walk through all of the information included here.

PLAYER CONTRACT – We will have a player/parent contract again this year that outlines the expectation for all parties involved, players, parents, and coaches. There are a few changes to last year's agreement, but it's largely the same. Copies of this will be available on Tuesday.

SWAG – We are handling the 'swag' similarly to the way we did last year. [Click here](#) for the BSN online store (and check out the attached flyer) and you can order your own swag to insure you get the sizes you want, etc. There are several items on the flyer, but **only seven (7) required items** that have been picked out by the coaching staff for the boys this season. They are as follows:

- Reversible pinny
- 3 Shooter Shirts (Orange, Navy & White)
- Polo – Navy
- Shorts
- Hoodie

The total cost for all of this is around \$200 after shipping and tax and can be purchased via VISA or Mastercard. For all new players, these items are mandatory. If you are a returning player have any of these items from last year, you can reuse what you have, or if your size has changed or the clothing is trashed, you can re-order it. It is important that you go online now and order your own swag pack – **the deadline to place your order is two weeks from today, Thursday, January 24th**. All items will be delivered before the first game and Coach Singer will have everything at the school for

distribution. All of these items are yours to keep. (As a reminder, UA brand clothing tends to run a bit on the large side – so order accordingly.) Again, there are some other optional items as well that you can purchase as gifts, etc. Additionally, parents/siblings are welcome to order whatever you like as well. Everyone is getting the benefit of the school's discounts in the pricing.

EQUIPMENT – We understand that lacrosse can be an expensive sport. In our earlier meeting, we don't think there were enough people interested in ordering helmets to get a bulk discount. If you are interested in ordering one, we can provide you the specs at our upcoming meeting so that you can order one. If you'd like to borrow one from the school's inventory, we can arrange that as well. Also, if you have gear you can donate, we can manage that for you, and if you would like to borrow gear, we are currently taking stock of what we have and can discuss that as well. More details on that will come in the meeting next Tuesday.

DUES – We are keeping the dues at the lowered amount of \$200 established last year. These dues pay for food, banquet, senior night, equipment, coaching stipends, etc. [Click here for a link](#) to go online to the Spartans Athletic Booster Club (SABC) and make that payment. Additionally, all player families are expected to join the SABC at least at the minimum level of \$25. You can click on the "Become a Member" button, choose a level, and add that to your cart as well. If you already joined with another team sport, you do not need to duplicate it. Separately, the School's athletic department charges a \$100 fee to every athlete universally across the school to defer costs of the programs like referees, equipment, field maintenance, etc. That is a separate payment, just like in past years. By [clicking here](#), you will get to the school payment page directly for the "Boys Lacrosse Athletic Fee". If any of the dues are not paid by the first game, there will be playing time implications. Please feel free to contact us if we need to make any special arrangements.

PHYSICALS – If you have not taken care of this already, don't forget that before your athlete can take the field, he needs to have all his paperwork in order on the Arbiter Athlete portal. (If you had a Planet HS account from a past year, you can use that login information as it has transitioned to Arbiter Athlete.) [Click here for a link](#) to the site where you can complete all of that. Please note that it is important that the parents and students set up accounts independently of one another and link them together. Parents/Guardians approve some items and the Students must acknowledge some of their own. If you have completed this for another sport this school year, your information should be acceptable, just make sure you have the "Boys Lacrosse" box checked. There are a few other forms, permissions and waivers that Fulton County requires, but the set-up process runs you through everything – it takes about 20 minutes to complete the majority of the items. **Even though you may have completed these same forms last year, you need to complete them again for the 2018-19 school year!** If you need a physical for your son, one option is the Piedmont Urgent Care on the corner of Abernathy and Roswell Road. They can provide physicals for a \$25 fee. The physical forms the doctor needs to complete are attached to this email as well. Again, you must have a physical on file or you will not be able to participate. **THIS MUST BE DONE ASAP, AS YOU CANNOT BE ON THE FIELD FOR THE FIRST PRACTICE ON TUESDAY, JANUARY 22ND UNLESS THESE FORMS ARE COMPLETED!!**

UNIFORMS – As we get closer to the first game Coach Singer will distribute the uniforms. There are both home and away jerseys as well as game shorts that are the property of the school. You will be responsible for keeping them clean and returning them at the end of the season. If you do not return it, you will be responsible for the cost – this will be in the player contract as well.

INFORMATION – We are planning to use the Athletic Department's site on VNN to convey the bulk of our information this year, so be sure to [mark this page](#), register on the site to get alerts and check back often for information and updates. We also have a Twitter feed you can follow, [@nsspartanslax](#).

CALENDAR – Attached is the official schedule for all of our season games. The only change is that the South Cobb game will begin at 6:30, vs. 5:55. We have a google calendar set up with all of the practices and games, along with other meetings, etc. [Click here](#) for a link to the calendar. This information is also embedded on the VNN site. You can subscribe to this calendar with this ical address: <https://calendar.google.com/calendar/ical/nsspartanslax%40gmail.com/public/basic.ics>

SPONSORS – A big thanks to **Georgia Natural Gas** for stepping up to sponsor Spartans Lacrosse again this Spring with at \$2,500 donation! If you are interested in becoming a sponsor or making a tax-deductible donation to Spartans Lacrosse, simply reply to this email and we will get you the information that you need. Also, if you have a company that matches gifts, please contact us.

FUNDRAISING – We will be planning a few activities throughout the season to raise funds for the program and all players will be expected to participate – more on that to come.

VOLUNTEERS – We will need parents to volunteer to help in different functions. In the online order form you have the ability to check your area of interest. We are looking for a treasurer specifically, and, we want to train new leaders to move in as the new Presidents once we finish our second term! Remember, many hands make light work – let's all chip in and make this a great season for the boys.

Any other questions, please let us know – we look forward to a great season! See you all next Tuesday night!

Baseball Update for Week of 1/14/19

Tryouts are here! Thank you to everyone for being so proactive regarding student-athlete physicals. It looks like everyone is up to date and ready to go for tryouts today. I will review expiration dates of physicals again this week and let you know if your son's physical is due to expire during the season.

Please read the notes and schedule for this week. If you have any questions please feel free to email me anytime.

Tryout Schedule

*Please be aware that end times are subject to change due to inclement weather and/or field conditions.

Monday 1/14 – Friday 1/18: 9th grade and new to program, 4:00 – 6:00 p.m.; returning to the program, 6:30 – 8:30 p.m. (warm ups begin at 6:15 p.m.)

Saturday 1/19: returning to the program, 1:30 – 3:30 p.m., 9th grade and new to program, 3:30 – 5:30 p.m.

First cuts will be made Wednesday 1/16 after tryouts. Names of those who should report to tryouts on Thursday will be posted on the North Springs HS athletics website, northspringsathletics.org by 10 p.m. on Wednesday evening.

If necessary, final cuts will be made Saturday 1/19 after tryouts. Names of those who should report to practice on Monday 1/21 will be posted on the North Springs HS athletics website, northspringsathletics.org by 9 p.m. on Saturday evening.

Study Table

All prospective players in the returning group for tryouts must report to study table from 4:00 – 5:00 p.m. this week. The study table schedule for this week is below.

Monday 1/14 w/ Ms. Trawick, D104

Tuesday 1/15 w/ Ms. Davis, D225

Wednesday 1/16 w/ Ms. Trawick, D104

Thursday 1/17 w/ Ms. Pekatos, D102

Friday 1/18 w/ Ms. Romero, D235

Attendance will be taken at study table and players are expected to study, work on class assignments/homework/projects, or at the very least read a book quietly. If players need to leave study table to get help from another teacher that is fine but they must let the study table supervisor know the name of the teacher they are going to see.

MLK Day

We will have practice on January 21st. The Blue group will practice from 2:00 – 4:30 p.m. and the Orange group will practice from 4:30 – 7:00 p.m. The Blue group is the preliminary varsity roster, the Orange group is the preliminary JV roster.

Please feel free to email Coach Gershon (gershonmj@fultonschools.org) with any questions.

Girls Soccer Tryouts

Any girls interested in participating in the North Springs Girls Soccer program this spring, tryouts begin on Monday, January 14th – Wednesday, January 16th. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. NO EXCEPTIONS!!! If you have any additional questions, email her at parisam@fultonschools.org.

Boys Soccer Tryouts

Any boys interested in participating in the North Springs Boys Soccer program this spring, tryouts begin on Monday, January 14th – Wednesday, January 16th. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. NO EXCEPTIONS!!! If you have any additional questions, email him at koachbillyatl@yahoo.com.

Tennis Tryout Information

Any current 9th – 12th grade students interested in participating in the North Springs Boys and Girls Tennis program this spring, tryouts are right around the corner. Tryouts are scheduled for January 14th-15th from 4pm – 6pm at the tennis courts (next to the football stadium). In case of inclement weather on either day, tryouts will carry over to the January 16th. Students must have an approved physical in ArbiterAthlete to participate in tryouts. Each student will need the following items...

1. Tennis racquet
2. Athletic shoes
3. Warm outer clothing in case of colder temperatures
4. Water (water may be shut off outside due to cold temperatures)
5. Jump rope (we have some to lend, but can't promise size match)

If you have any questions, contact Coach Hunt at huntq@fultonschools.org or Coach Lee Myers at lee65b@gmail.com

Tryouts: January 14th & 15th 4:00pm – 6:00pm

Click below for instructions on athletic physicals.

[Athletic Physical Information](#)

2018-19 North Springs Head Coach/Director List

Fall Sports

Football	Scotty Parker	parkerd@fultonschools.org
Softball	Stephanie Peet	peets@fultonschools.org
Boys Cross Country	Rob Blaszkiewicz	blaszkiewicz@fultonschools.org
Girls Cross-County	Amanda Paris	parisam@fultonschools.org
Football Cheer	Alexandria Jemison	jemisonam@fultonschools.org
Volleyball	Brittany Peyton	peytonb@fultonschools.org

Winter Sports

Boys Basketball	Charles Parks	parks@fultonschools.org
Girls Basketball	Tonique Frasier	frasiert@fultonschools.org
Basketball Cheer	Alexandria Jemison	jemisonam@fultonschools.org
Swimming/Diving	Nancy Delano	delanonm@fultonschools.org
Wrestling	Marc Komar	komarm@fultonschools.org

Spring Sports

Baseball	Matthew Gershon	gershonmj@fultonschools.org
Boys Golf	Maj. Todd Powers	powerst@fultonschools.org
Girls Golf	Maj. Todd Powers	powerst@fultonschools.org
Boys Tennis	Quinton Hunt	huntq@fultonschools.org
Girls Tennis	Tonique Frasier	frasiert@fultonschools.org
Boys Lacrosse	Stefan Singer	singers@fultonschools.org
Girls Lacrosse	Teryn Fleetwood	fleetwoodtw@fultonschools.org
Boys Soccer	Bill Bratton	koachbillyatl@yahoo.com
Girls Soccer	Amanda Paris	parisam@fultonschools.org
Girls Track and Field	Patty Carroll	carroll@fultonschools.org
Boys Track and Field	Josh Weaver	weaverj@fultonschools.org

Activity Directors

Band	Michael Brown	brownm4@fultonschools.org
Fencing	Robert Brooking	brooking@fultonschools.org
Water Polo	Julie Ferris	ferrisj1@fultonschools.org
Chorus	Van Craven	craven@fultonschools.org
Drama	Joel King	kingj1@fultonschools.org
Orchestra	TBD	TBD

Spartan Athletic Booster Club Membership

Parents...

If your student is a member of one of our athletic teams here at North Springs High School, we are asking that you become a booster club member. Our athletes need the extra support. We are asking that you join at a minimum level of \$25. There are also booster packages that will give you many other incentives. Click [here](#) to become a member. North Springs Athletics thanks you for your support our student athletes!

North Springs Spartans Athletics on Social Media

You can follow North Springs Athletics on Twitter and Facebook.



Follow us on Twitter @NSHSSpartans_AD

Like us on Facebook at North Springs Athletics

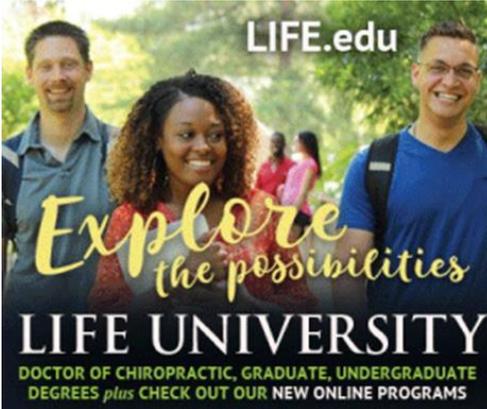
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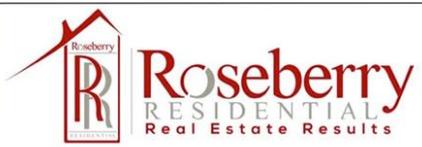
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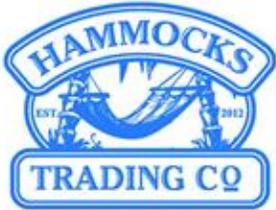
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