

EAST STROUDSBURG AREA SCHOOL DISTRICT



East Stroudsburg Area Senior High School South

279 North Courtland Street
East Stroudsburg, PA 18301
(570) 424-8471 Fax: (570) 420-8387

Mr. Shaun Murray, CAA, Athletic Director

Dear Prospective Fall Athletes & Parents,

We are happy to announce that registrations for fall sports sign ups will open for prospective spring athletes on Arbiter Registration (formerly Family ID) on or approximately May 1, 2026.

2026-27 Fall Sports Sign Ups

Please [click here](#) on or approximately Friday, May 1, 2026 to register for a fall sport.

2026-27 Athletic Student Accident Insurance Information

Please contact Dr. Christopher Rossi at christopher-rossi@esasd.net if you have any questions regarding our school district's athletic student accident insurance.

2026-27 Fall Sports Physicals

East Stroudsburg Area School District and St. Luke's Physician Group, Inc. will be offering free PIAA state mandated physical examinations for all prospective **fall** athletes at **JT Lambert Intermediate School, 2000 Milford Road, East Stroudsburg, Pa 18301** on:

- [ESASD PIAA Physical Flyer: Wednesday, May 20, 2026, 5-7pm, JT Lambert Intermediate School](#)

Please contact Deborah Brown, Athletic Department Administrative Assistant, by email at deborah-brown@esasd.net or at 570-424-8500, x10502, to reserve your appointment. All prospective **fall** athletes are welcome to attend this offering. Walk-ins will not be accepted. An appointment is required.

***Please note, the PIAA Comprehensive Initial Pre-Participation Physical Evaluation has been revised. The most current version, which must be used, is dated July 16, 2025. All athletic physicals must be completed on PIAA CIPPE pages 5 & 6 in order to be accepted.**

[PIAA CIPPE Form Section 5 & 6 - July 16, 2025](#)

Additionally, PIAA Recertification Forms, Section 7 - Recertification by Parent/Guardian, will NOT be accepted for fall sports athletes. All fall athletes must complete a new physical form, dated after May 1, 2026, in order to participate in fall sports.

Examination Requirements:

- Please wear eyeglasses or contacts for vision examination
- Please wear loose clothing and sneakers
- Do not wear jewelry

Physical Evaluation Important Notes:

- Athletic trainers will be on site to assist our student-athletes with questions.
- If you choose not to receive a free school district physical evaluation on this date, you will be responsible for completing all necessary registration requirements on Arbiter Registration (formerly Family ID), PIAA CIPPE Form Section 5, and for scheduling a physical examination with a licensed physician who must complete PIAA CIPPE Form Section 6. PIAA CIPPE Form Section 5 & 6 must then be submitted to the High School South Athletic Office in order to participate on the first day of practice. Please verify that all signatures are completed.

2026-27 Fall Sports ImPact Testing

All athletes in the East Stroudsburg Area School District are required to have a completed and valid ImPact baseline test prior to participation in team sports. All 7th, 8th, 9th & 11th grade students, transfer students and/or new students are required to complete a new ImPact baseline test prior to the first day of practice in order to participate. ImPact Baseline Tests are now available online for students to complete in a quiet and controlled setting at home. Please contact Nicole Rizzo in order to receive login information:

High School South Athletic Trainer Nicole Rizzo: nicole-rizzo@esasd.net

2026-27 Fall Coaches Contact List

Please [click here](#) to access our varsity head coach contact list for program inquiries.

Middle School Athletic Team Inquiries (Boys/Girls Cross Country, Girls Field Hockey, Middle School Football, Boys Soccer, Girls Volleyball): Contact Lisa Tirjan - lisa-tirjan@esasd.net

2026-27 Athletic Contest Schedules & Important Seasonal Information

East Stroudsburg South Cavalier HS/MS sports schedules and important seasonal information may be accessed at [Big Teams](#).

2026-27 First Day of Fall Sports

Fall sports practices begin Monday, August 17, 2026. Dates and times will be [updated here](#) once they become available. Please note, these dates are subject to change. Certain teams may begin after this particular date. Updates will be posted on our Big Teams website as soon as they become available.

Exceptions

Cheerleading: Tryouts for East Stroudsburg South Cheerleading will take place on the following dates:

Monday, June 1, 2026, ES South Aux Gym, 4-6pm

Tuesday, June 2, 2026, ES South Aux Gym, 4-6pm

Wednesday, June 3, 2026 ES South Aux Gym, 4-6pm (Approximate End Time/Subject to Change)

Open Gyms will be available through the month of May. [Click here for dates](#).

Students interested in trying out must have completed their Arbiter Registration and have submitted a valid physical in order to try out.

Please feel free to contact Coach Marrone at ashley-marrone@esasd.net with any questions.

V/JV Football: The first official day of V/JV Football begins with Heat Acclimatization Week:

Monday, August 10, 2026, Heat Acclimatization Begins for V/JV Football

Monday, August 17, 2026, Regular Practice Begins for V/JV Football

Golf: The first official practice date for Golf begins Monday, August 10, 2026

*Please note, in order to participate on the designated first day of practice/tryout, students must be completely registered prior to the first day of participation. Students not completely registered by the first day of practice will not be guaranteed to participate/tryout for a fall team.

2026-27 Fall Sports Parent Meetings

Fall Parents Meeting (High School): Thursday, August 20, 2026, 5pm, ESS High School Main Gym

Fall Parents Meeting (Middle School): Wednesday, August 26, 2026, 5pm, JT Lambert Intermediate Main Gym

Student-Athlete Eligibility By The Numbers

Please [click here](#) for information pertaining to student eligibility.

Athlete Seasonal Sign Up Summary Checklist

Must be completed prior to participating on the first day of practice:

- Complete Arbiter Registration (formerly Family ID) Online Registration Form
- Complete and Submit Section 5: Health History Form and Section 6: CIPPE Physical Form to the Athletic Department
- Contact Nicole Rizzo to confirm completion status of ImPact Test

X: Follow us on X at [@ESASDSOUTHATH](https://twitter.com/ESASDSOUTHATH)