

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 Spring Athletes & Parents,

We are happy to announce that registrations for spring sports sign ups will open for prospective spring athletes on Family ID (now Arbiter Sports) during the week of January 26, 2026.

2025-26 Spring Sports Sign Ups

Please [click here](#) on or after Monday, January 26, 2026 to register for a spring sport.

2025-26 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.

2025-26 Spring 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 **spring** athletes at **JT Lambert Intermediate School, 2000 Milford Road, East Stroudsburg, Pa 18301** on:

- [ESASD PIAA Physical Flyer: Monday, February 9, 2026, 5-6pm, 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 **spring** 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 be accepted for returning fall and winter athletes. This form must be completed and submitted to the Athletic Office in order to participate on the first day of practice.

[PIAA CIPPE Form Section 7 - July 16, 2025](#)

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 Family ID (now Arbiter Sports) Registration, 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.

2025-26 Spring Sports ImPact Testing

All athletes in the East Stroudsburg Area School District are required to have a valid ImPact baseline test in order to participate 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 competition. 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

2025-26 Spring Coaches Contact List

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

Middle School Athletic Team Inquiries (Girls Soccer, Baseball, Softball, Track & Field): Contact Lisa Tirjan - lisa-tirjan@esasd.net

2025-26 Athletic Contest Schedules & Important Seasonal Information

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

2025-26 First Day of Spring Sports

Spring sports practices begin Monday, March 2, 2026. [Click here](#) for dates and times. 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.

2025-26 Spring Sports Parent Meetings

Spring Parents Meeting (High School): Monday, March 9, 2026, 5pm, ESS High School Main Gym *Update*
Spring Parents Meeting (Middle School): Wednesday, March 11, 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 Family ID (now Arbiter Sports) Online Registration Form
- Complete and Submit Physical Examination or Recertification Form (for Fall/Winter Athletes)
- Contact Nicole Rizzo to confirm completion status of ImPact Test

X: Follow us on X at [@ESASDSOUTHATH](#)