

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 Winter Athletes & Parents,

We are happy to announce that registrations for winter sports sign ups will open for prospective winter athletes on Family ID (now Arbiter Sports) on October 10, 2025.

2025-26 Winter Sports Sign Ups

Please [click here](#) on or after Friday, October 10, 2025 to register for a winter 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 Winter 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 winter athletes at **JT Lambert Intermediate School, 2000 Milford Road, East Stroudsburg, Pa 18301** on:

- **ESASD PIAA Physical Flyer**: Tuesday, October 28, 2025, 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 **winter and 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 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 Winter 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 Winter Coaches Contact List

Team specific inquiries may be directed to the following coaches/individuals:

High School Boys Basketball: Scott Moskovitz - scott-moskovitz@esasd.net

High School Girls Basketball: Jose Hernandez - jose-hernandez@esasd.net

High School Cheerleading: Ashley Marrone - ashley-marrone@esasd.net

High School Rifle: Jay Armitage - jay-armitage@esasd.net

High School Swimming: Michele Saffer - michele-saffer@esasd.net

High School Unified Bocce: Ann Zannella - ann-zannella@esasd.net

High School Winter Indoor Track & Field: Brett Yeomans - brett-yeomans@esasd.net

High School Wrestling: Randy Litts - randall-litts@esasd.net

Middle School Athletic Team Offerings (Boys Basketball, Girls Basketball, JRHI Wrestling): 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 Winter Sports

Winter sports practices may begin Friday, November 14, 2025. [Click here](#) for dates and times. Please note, certain teams may begin after this date. Updates will be posted on our Big Teams website.

2025-26 Winter Sports Parent Meetings

Winter Parents Meeting (High School): *Thursday*, November 20, 2025, 5pm, ESS High School Main Gym

Winter Parents Meeting (Middle School): December 1, 2025, 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 (Fall Athletes)
- Contact Nicole Rizzo to confirm completion status of ImPact Test

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