



Philadelphia High School for Girls Athletics



Announcements

Free sports physical will take place Sunday, June 9th from 8:30am to 2pm at Kensington CAPA (1901 N Front St, Philadelphia, PA 19122). **Girls' High exam time is 8:30 am.** All students who want an exam should be at Kensington CAPA by 8:15 am. Any student who did not give me their packet for registration and still want to attend the event, must complete the packet and have a parent /guardian accompany you to the event.

Remember a new physical exam is needed each school year. The exam date must be on or after 6/1 of the upcoming school year.

The first day of practice for the Fall sports season is Monday, August 12, 2019 at 9:30 am. All students are to enter the building through the gymnasium doors across from the field. You must bring your PIAA packet completed unless you attend the AHO event on June 9th. Wear active gear the first day of practice including socks and sneaker, if you are trying out for soccer or field hockey you may want to wear cleats. All must bring water to stay hydrated and snacks for energy.

The tennis team will meet at Girls' High on 8/12/19 and travel as a team to Awbury Tennis Courts at 6101 Ardleigh St, 19138. There after the tennis team will meet at the courts for practice. Trans passes will not be distributed until the first day of school to students who qualify. Students and their families are responsible for transportation to and from practice. Bike racks are available; however, you must provide your own lock to secure the bicycle.

Fall sports:

Competitive Cheer
Cross Country Track
Field Hockey
Soccer
Tennis
Volleyball

Hope to see you June 9th at the free physical event and August 12th at 9:30 am in the gymnasium for the beginning of the Fall sports season!

If you have questions, please contact me at nrembert@philasd.org

Have a great summer!