



# Cardinal Wuerl North Catholic High School

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Good Morning Cardinal Wuerl North Catholic Family,

I hope all is well and you are preparing for summer. It seems like just yesterday it was the first day of school and now we are in the home stretch of completing another successful year at Cardinal Wuerl North Catholic.

As you prepare for your busy summer plans, I wanted to pass along to all of you some important information regarding Cardinal Wuerl North Catholic Athletics for the 2016-17 school year.

Cardinal Wuerl North Catholic offers a vast variety of athletic opportunities for all of its students. Below is a list of all the athletic opportunities CWNC offers by season along with the coaches contact in case you have questions regarding that particular sport.

## **Fall Athletic Opportunities:**

### JV and Varsity Football

Head Coach Jason Gildon [jgildon@cwncchs.org](mailto:jgildon@cwncchs.org)

Asst. Coach Jay Bell [jbelle@cwncchs.org](mailto:jbelle@cwncchs.org)

### JV and Varsity Boy's Soccer

Head Coach Jordan Wiegand [jwiegand@cwncchs.org](mailto:jwiegand@cwncchs.org)

### Varsity Girl's Soccer

In process of hiring a coach [athletics@cwncchs.org](mailto:athletics@cwncchs.org)

### Boy's and Girl's Cross Country

Head Coach Stacy Kopchak [sakopchak@gmail.com](mailto:sakopchak@gmail.com)

### Coed Golf

Head Coach Tyler Eckert [teckert@cwncchs.org](mailto:teckert@cwncchs.org)

### JV and Varsity Girl's Volleyball

Head Coach Aric Smith [aricasmith@cwncchs.org](mailto:aricasmith@cwncchs.org)

Asst Coach Andrea Piquero [andrea.nichole5@yahoo.com](mailto:andrea.nichole5@yahoo.com)

### Girl's Tennis

Head Coach Stephanie Crowley: [scrowley@cwncchs.org](mailto:scrowley@cwncchs.org)

### Cheerleading

Head Coach Kellie Makar [kmakar@cwncchs.org](mailto:kmakar@cwncchs.org)

### Crew

Head Coach Frank Sands [coachsands@comcast.net](mailto:coachsands@comcast.net)

## **Winter Athletic Opportunities**

### JV and Varsity Girl's Basketball



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Head Coach Molly Rottmann	<a href="mailto:mrottmann@cwnchs.org">mrottmann@cwnchs.org</a>
9 <sup>th</sup> Grade, JV and Varsity Boy's Basketball	
Head Coach Dave Long	<a href="mailto:dlong@cwnchs.org">dlong@cwnchs.org</a>
Asst Coach Bruce Fronk	<a href="mailto:bfronk@cwnchs.org">bfronk@cwnchs.org</a>
Wrestling	
Head Coach Troy Benson	<a href="mailto:troybenson@cwnchs.org">troybenson@cwnchs.org</a>
Boy's and Girl's Swimming	
Head Coach TJ Barry	<a href="mailto:tjbarry@cwnchs.org">tjbarry@cwnchs.org</a>
Cheerleading	
Head Coach Kellie Makar	<a href="mailto:kmakar@cwnchs.org">kmakar@cwnchs.org</a>
Ice Hockey	
Head Coach Shawn Luff	<a href="mailto:lpuckhead@yahoo.com">lpuckhead@yahoo.com</a>
Asst Coach Jonathan Hoffmann	<a href="mailto:jhoffmann@cwnchs.org">jhoffmann@cwnchs.org</a>
<b>Spring Athletic Opportunities</b>	
JV and Varsity Baseball	
Head Coach John Haggerty	<a href="mailto:jhaggerty@cwnchs.org">jhaggerty@cwnchs.org</a>
JV and Varsity Softball	
Head Coach Ron Shanahan	<a href="mailto:rshanahan@cwnchs.org">rshanahan@cwnchs.org</a>
Boy's and Girl's Track and Field	
Head Coach Stacy Kopchak	<a href="mailto:sakopchak@gmail.com">sakopchak@gmail.com</a>
Girl's Lacrosse	
Head Coach Lexi Rzempoluch	<a href="mailto:alexisrzempoluch14@gmail.com">alexisrzempoluch14@gmail.com</a>
JV and Varsity Boy's Lacrosse	
Head Coach Don Bryant	<a href="mailto:dbryant@cwnchs.org">dbryant@cwnchs.org</a>
Crew	
Head Coach Frank Sands	<a href="mailto:coachsands@comcast.net">coachsands@comcast.net</a>
Boy's Volleyball (Club)	
Head Coach Stacie Ball	<a href="mailto:sdbtiger@gmail.com">sdbtiger@gmail.com</a>

**If your son or daughter is interested in participating in athletics next year, he or she must have a completed PIAA Comprehensive Physical after June 1<sup>st</sup> 2016.** (attached is the PIAA Physical Form) to participate.



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If your son or daughter participates in multiple sports throughout the school year, he or she will only be required to have one physical for that school year. After the initial physical has been completed and your son or daughter would like to participate in his or her second sport, Section 7 of the PIAA Physical (Re-Certification) is required to be completed before each season.

If your son or daughter is going to participate in the following sports seasons, the PIAA Physical or Re-Certification form must be completed and turned in by:

Football:	August 8 <sup>th</sup> 2016
Fall Sports:	August 15 <sup>th</sup> 2016
Winter Sports:	November 18 <sup>th</sup> 2016
Spring Sports:	March 6 <sup>th</sup> 2016

**Please turn the PIAA Physical form to the main office.**

Along with requiring the PIAA Physical, students are required to take a baseline concussion test. Cardinal Wuerl North Catholic, along with Allegheny Health Network participates in the concussion program C3Logix. **ALL incoming 2016-17 Freshmen and Juniors along with ALL transfer students must complete the C3Logix test with our athletic trainer.** Parents, you may sign-up your son or daughter at our concussion website at [concussion.cwnchs.org](http://concussion.cwnchs.org). This site is active and has the dates and times available. Like the PIAA physical, **your son or daughter must have this completed as well prior to the first day of their defined season if they are incoming freshmen, juniors or transfer students.** Your son or daughter only needs to take this test once for the 2016-17 school year. If you have any questions regarding the C3Logix testing please contact our athletic trainer, Kate Lewandowski ([klewandowski@cwnchs.org](mailto:klewandowski@cwnchs.org)). Please report to the main office when it is your testing time. If you need to reschedule your test, please email our athletic trainer.

We are also in the process of creating a new athletic website for all Cardinal Wuerl North Catholic Athletic. The site will be a one-stop-shop for everything CWNC. This site is currently under construction and will be completed shortly. Please check out the site:

[cwncathletics.org](http://cwncathletics.org)

Cardinal Wuerl North Catholic has a rich tradition of academic and athletic excellence. Thank you for your continued support. If you have any questions or concerns, please do not hesitate to contact me at anytime.



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GO TROJANS AND TROJANETTES

Michael C. Burrell Jr.

Director of Athletics and Facilities

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