

Strong Daily Announcement

February 22, 2010

- **Baseball/softball sign-ups will begin today: Monday, Feb. 22<sup>nd</sup>. Make sure your physical is up-to-date.**
- **Sports Assessments:** Are you playing a spring sport? Be advised that in order to try out you must have a current physical exam on file with the school, dated within one year of participation. **Free school assessments** with the Reg. school MD. will take place on **Friday, February 26<sup>th</sup>**. Sign up with the school nurse ASAP if interested!
- **Volleyball:** Girls practice today until 3:30. Volleyball match tomorrow (Tuesday) against East Hampton. Team #2 Varsity & JV girls @ home. Varsity & JV boys (away).