



# MONTY TECH

## FALL ATHLETIC NEWSLETTER

### 2025



### **IMPORTANT** **INFORMATION FOR ALL** **ATHLETES!!!** **FROM THE ATHLETIC DIRECTOR**

All students participating in the Athletic program must sign up on the Arbiter site. You will find it on [Arbiter.io](http://Arbiter.io). It only takes a few minutes. If you have any questions, contact the Athletic Director at 978-345-9200 ext. 3660 or [reid@montytech.net](mailto:reid@montytech.net)

### **PHYSICALS**

The form to get a school physical is needed if you plan on having your physical at Monty Tech. Date for school physicals will be August 13 at 8:00 am. They will be in the Nurses' Office. You must call the school at the above number to sign up. The form can be found on the Monty Tech Webpage under "Athletics"

You must call the school and reserve a slot for your physical. You should wear shorts and a T-shirt. **You must have this form signed by your parent/guardian for you** to obtain a physical at Monty Tech or have them come in with you at the time of the physical. You should be at the school ½ hour before the physicals to complete the pre-physical information. If you get a physical over the summer by your own doctor, please bring a copy of the completed physical form with you to the "Meet the Coaches Night" or you may download it on Arbiter. Remember you must have a physical **on record at the school** before you may begin practice. Physicals must be done yearly. The school's telephone number is: 978-345-9200 ext. 3660.

AD Office Fax: 978-345-7605

### **HOW TO SIGNUP ON ARBITER**

**If you signed up last Spring (Gr 10 – 12 this year), you should be all set. For Gr. 9 students and transfer, go to the [Arbiter.io](http://Arbiter.io) website, click on Log in and then for Students/Families registration. Please use the Montachusett Regional Technical School link.**

**Click the Organization and type in Montachusett Regional Technical School. Then Click Fall Athletics – 2025 and fill out all of the information. If you are planning on playing other sports this school year, you will be all set.**

### **LATE BUSES**

Late buses for all athletic teams will begin on Wednesday, August 27, 2025. Buses will leave Monty Tech at 6:00 p.m., during the first week. After the first week, they will be scheduled for Monday, Wednesday and Thursdays, at 4:15 and 6:00, and Tuesday and Fridays at 6:00 only. These buses will take you to the center of the town you live in. You must sign up at the Main Office before 1:00 p.m. daily for the bus.

### **ATHLETIC INSURANCE**

Athletes, who would like added athletic insurance, may sign up on the **Bob McCloskey Insurance** website. You can obtain full 24-hour/365 day coverage, including dental for about \$60.00. The Monty Tech athletic policy **is not** 100% coverage. The web site to sign-up is: [www.bobmccloskey.com](http://www.bobmccloskey.com)

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### FOOTBALL

The 2025 Football season will be upon us very soon. This summer is very important for another successful season. If you need new shoes, get them now and break them in. All players should be doing daily running (sprints and distance). Summer Conditioning every Monday and Wednesday starting July 14. 5:00 – 6:30 at school blockhouse. **No one** will practice without proof of a physical within the last 13 months. You **must** sign up on the Arbiter.io webpage. There is no cost. If you are in Grades 10 – 12, use the username and password you had last year. If you are in Grade 9, you will have to register and choose a password.

### EQUIPMENT ISSUE:

Thursday – August 14 Equipment and Locker issue.  
3:00 – 4:30 pm (at Field House)

**“Meet the Coaches Night”** – August 12 6:00 p.m. in the Auditorium

### MANDATORY TEAM MEETING:

Thursday, August 14 4:30 – 5:30 pm (In Old Gym) **All players must attend, Freshmen through Seniors.**

### PRACTICE SCHEDULE:

Friday, August 15– **Helmets only!** 9:00 – 11:00 a.m.  
(Helmets, Practice Jerseys, Shorts, Cleats, and mouthpieces only)  
**Doors open at 8:00 am** – Be on field at 8:45

Saturday, August 16 - **Helmets only!** 9:00 – 11:00 a.m.  
**Doors open at 8:00 am** – Be on field at 8:45 a.m.

Sunday, August 17– **OFF**

Monday, August 18 – **Helmets only!** 4:00 – 6:00 p.m.  
**Doors open at 3:15 p.m.** Be on field at 4:00 p.m.

Tuesday /Wednesday August 19 – 20 – Practice  
From 3:00 - 5:30 pm **Uppers only. Doors open at 2:00 P.M.**

Thursday/Friday, August 21 - 22 – Practice from 3:00 – 5:30 p.m. **FULL PADS! Doors open at 2:00 p.m.**

Saturday, August 23 – Scrimmage

Sunday, August 24 – **OFF**

Monday - Thursday, August 25 - 28 – Practice from 3:30 – 6:00 pm

Friday, August 29 – Scrimmage

Saturday/Sunday, August 30 and 31: **OFF**

Monday, September 1 – Labor Day 9:00 – 11:00 a.m.  
**Doors open at 8:15 a.m.**

Practice after school the remainder of the week.

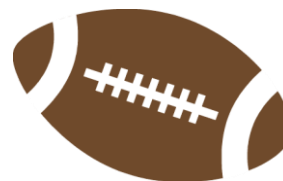
Friday, September 5 Scrimmage TBD

Monday, September 8 – Thursday September 11 - Practice will be after school 3:00- 5:30 pm

Friday, September 12 – GAME 1 NARRAGANSETT 6:00 PM

### **“MEET THE COACHES NIGHT”**

August 12, 6:00 p.m. (IN AUDITORIUM)  
All players (9 – 12) must attend with a parent/guardian.



Call Coach Secino, if you have any questions. 978-771-8087  
Email: secino-anthony@montytech.net



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### **BOYS SOCCER**

#### **PRE-SEASON PRACTICE SCHEDULE:**

Practices begin Monday, August 18 and will run from 3:00 – 6:00 pm

Other information will be given out at the first meeting which is the “Meet the Coaches Night” on August 12 – 6:00 p.m. in Auditorium

First Game is on Sept. 3 @ Keefe Tech at 3:45 pm

Players should bring the following items to practice:

Cleats, running shoes, 4 pair of socks, 2 pair of shorts and shirts, shin guards, light jacket or sweatshirt, mouth pieces will be issued.

**No one** will practice without proof of a physical within the last 13 months. You **must** sign up on the Arbiter.io Webpage.

#### **“MEET THE COACHES NIGHT”**

August 12      6:00 p.m. (IN AUDITORIUM)  
ALL PLAYERS MUST ATTEND WITH  
A PARENT/GUARDIAN.

Call Coach Bowden, if you have any questions.  
Email [bowden-marc@montytech.net](mailto:bowden-marc@montytech.net)



### **GIRLS SOCCER**

Soccer season will be here before you realize it. The time to begin preparing for soccer is mid-July thru the summer into mid-August. Informal workouts are usually organized by returning players during the summer. These workouts are open to all Monty Tech students, grades 9 – 12. Official field activities will begin on August 18. All players should be prepared to attend all soccer practices and meetings from that point going forward. Please be aware that all players must participate in Try-Outs during this period of time, as the Varsity team, and JV team selections will be made by the coaches.

**No one** will practice without proof of a physical within the last 13 months. You **must** sign-up on the Arbiter.io Webpage,

Have a Great Summer!!

#### **PRE-SEASON PRACTICE SCHEDULE:**

Practices begin August 18 and will run from 9:00 am – 12:00 pm daily, There will be some weekend practices as we prepare for the season. Other information will be given out at the first meeting at the “Meet the Coaches Night” beginning at 6:00 pm.

#### **“MEET THE COACHES NIGHT”**

August 12      6:00 p.m. (IN AUDITORIUM)  
ALL PLAYERS MUST ATTEND WITH  
A PARENT/GUARDIAN.

Call Coach Scaduto, if you have any questions.. 508-463-6062.  
Email: [scaduto-timothy@montytech.net](mailto:scaduto-timothy@montytech.net)





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### FIELD HOCKEY

On the first day of practice players will need the following:

Sneakers, cleats, sticks, extra socks, shin guards, mouthpieces and plenty of water/beverages such as Gatorade or hydration packets.

It is expected that all players will do their own conditioning over the summer. It should consist of long-distance running : 1 to 2 miles, sprints, stick handling, drives and stops. On the first day of practice, you will be tested on those conditioning drills. You will have to meet some requirements to be considered for a starting varsity position. The more work you do over the summer, the easier it will be when school starts.  
**Run! Run!**

### **PRE-SEASON PRACTICE SCHEDULE:**

Practices begin August 21 and will run from 7:30 a.m. – 9:30 a.m. daily at Game On – Field 6. There will be some weekend practice as we prepare for the season. The Varsity & JV teams will be selected during the week of August 25<sup>th</sup>.

Starting Monday, August 25 and 26 practices will be from 3:00 – 5:00 pm at Game On. We will resume a traditional practice schedule on August 27, the first day of school.

**No one** will practice without proof of a physical within the last 13 months. You **must** sign up on the Arbiter.io Webpage.

### **“MEET THE COACHES NIGHT”**

August 12      6:00 p.m. (IN AUDITORIUM)  
ALL PLAYERS MUST ATTEND WITH  
A PARENT./GUARDIAN.

If you have any questions, email Coach Johnson:  
email: [johnson-bethany@montytech.net](mailto:johnson-bethany@montytech.net)

### CROSS COUNTRY

All runners should be running and working out **AT LEAST** three days a week over the summer. Start slow; 2 – 3 miles every other day and build up to 5 miles by the middle of August. Distance is more important than speed early in the season and during training. It is also very important that all athletes do **DYNAMIC** stretching before a run, and **STATIC** stretching after a run. Be able to run 4 miles the first day of practice!!

### **PRE-SEASON PRACTICE SCHEDULE:**

August 18 – August 22:      3:00 p.m. – 5:00 p.m. daily

**No one** will practice without proof of a physical within the last 13 months. You **must** sign-up on the Arbiter.io webpage.

### **“MEET THE COACHES NIGHT”**

August 12      6:00 p.m. (IN AUDITORIUM)  
ALL PLAYERS MUST ATTEND WITH  
A PARENT/GUARDIAN.

Call Coach Veinotte if you have any questions.  
Email: [veinotte.jesse@montytech.net](mailto:veinotte.jesse@montytech.net)





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### GOLF

#### **PRE-SEASON PRACTICE SCHEDULE:**

Practices /Tryouts will begin on Thursday, August 21 and Friday, August 22 from 8:30 – 11:00 a.m. for returning varsity players and a few JV players. New players should meet at the **Practice Putting green** at the Gardner Golf Course at 9:00 am – 11:00 am. Cuts will be made after Friday's session. On Monday August 25 and Tuesday, August 26, practice will be held from 3:00 – 5:00 pm (some may be adjusted due to tee time availability). When school starts on August 27, a van will take players to the course and pick them up at the end of practice. They will return to Monty Tech in time for the 6:00 pm late bus. Parents may pick students up at the course, if they like. If you are picking up your child, you will have to be there by 5:00 pm or they will go back to school by coach. Buses home will not be provided after matches, home or away. Get out and play as much as possible before the first week of practice. Golfers should work on physical fitness as much as possible: Push-ups, sit-ups, squats and any form of aerobic exercise. Hard work in July and August will pay off on the course. Golfers must have their own clubs. Proper Golf etiquette and attire are always required. No gym shorts, denim, tee shirts, or boots. You need a collared shirt, sneakers/golf shoes, belted shorts/pants and a hat/visor.

**No one** will practice without proof of a physical within the last 13 months. You **must** sign-up on the Arbiter.io Webpage.

#### **"MEET THE COACHES NIGHT"**

August 12      6:00 p.m. (IN AUDITORIUM)

All players must attend with a Parent/Guardian

Call Coach Farr, if you have any questions. 978-430-7396  
Email: [farr-gary@montytech.net](mailto:farr-gary@montytech.net)

### VOLLEYBALL

#### **PRE-SEASON PRACTICE SCHEDULE:**

##### **Volleyball Summer Conditioning:**

July 16 5:30 – 7:30 pm  
July 20 10:00 am – 12:00 pm  
July 23 5:30 – 7:30 pm  
July 27 10:00 am – 12:00 pm  
July 30 5:30 – 7:30 pm  
August 3 10:00 am – 12:00 pm  
August 6 5:30 – 7:30 pm  
August 10 10:00 am – 12:00 pm  
August 13 5:30 – 7:30 pm

Practices will begin on Monday, August 18 from 3:00 – 6:00 p.m. daily. Perspective players should have sneakers, shorts and a T-shirt. Please be on time. Players must get rides on Monday and Tuesday. – August 18 – August 26. Buses start on Wednesday, August 27 when school starts.

**No one** will practice without proof of a physical within the last 13 months. You **must** sign-up on the Arbiter.io Webpage.

#### **"MEET THE COACHES NIGHT"**

August 12      6:00 p.m. (IN AUDITORIUM)  
ALL PLAYERS MUST ATTEND WITH  
A PARENT/GUARDIAN.

Call Coach Duong, if you have any questions. 978-424-5889  
Email: [duongsandyt@gmail.com](mailto:duongsandyt@gmail.com)



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### **VARSITY CHEERLEADING**

Welcome to Monty Tech Cheering. As a cheerleader you will have an obligation to yourself, your teammates, your peers and Monty Tech to uphold certain principles and morals. Thus, I feel it necessary to make sure that we are all on the same page. This will ensure a smooth, successful season for everyone.

#### **Expectations:**

1. To be enthusiastic about being on the squad.
2. Come to EVERY practice and game. (3 unexcused) misses you **WILL BE** dismissed from the squad.)
3. Have a great attitude and the will to work hard.
4. Keep your grades up.
5. Have "tough skin".

#### **What you need:**

- \* Cheering Sneakers (All White) Purchase on your own.
- \* 3 pair of no-show athletic socks (you must provide your own)

#### **Things to Know for the Upcoming Season**

\* Cheerleaders will be required to participate in a mandatory fundraiser during the season.

\* **Competition/Games:** Everyone who would like to cheer may do so **AT GAMES**. **NOT** all girls will go to competition. You **MUST** earn your place through effort, good attitude, fantastic attendance and progressive skills.

#### **SUMMER CONDITIONING:**

Wednesday, July 9 3:00 – 5:00 pm

Wednesday, July 16 3:00 – 5:00 pm

Wednesday, July 23 3:00 – 5:00 pm

#### **Tryouts:**

**Competition Tryouts:** Wednesday, August 6  
3:00 – 7:00 pm

**You must attend Try-Outs to be considered for the Team.**

**Gameday Tryouts:** Tuesday and Wednesday, August 26  
And August 27 from 3:00 – 6:00 pm.

Please call Coach (LeClair) Higgins at: 978-799-6999  
or email: [abbydonnaleclair@gmail.com](mailto:abbydonnaleclair@gmail.com), if you have  
any questions or concerns

This will be the year of NO EXCUSES! If you cannot fully  
commit to the squad, please do not join the team. To be a

good squad it takes dedication, to be a great squad it takes  
commitment and effort. Please do your part.

**No one may try out without proof of a Physical in the  
last 13 months.** You **must** sign up on the Arbiter.io Webpage.

### **"MEET THE COACHES NIGHT"**

August 12 6:00 p.m. (IN AUDITORIUM) ALL PERPESTIVE  
CHEERLEADERS MUST ATTEND WITH A  
PARENT/GUARDIAN

### **MONTY TECH SCHEDULES/FORMS:**

#### **TO SIGNUP ON ARBITER**

- \* Go to the Monty Tech home page: [www.montytech.net](http://www.montytech.net)
- \* Click "Athletics"
- \* Go to "Forms" and download Permission for a Physical,  
needed.

#### **TO GET SCHEDULES:**

- \* Click schedules. (They will be up around August 1.

### **MEET THE COACHES NIGHT**

**TUESDAY, AUGUST 12**

**6:00 pm (IN THE AUDITORIUM)**

**ALL ATHLETES MUST ATTEND WITH AT LEAST  
ONE PARENT/GUARDIAN. INFORMATION WILL  
BE GIVEN BY THE ATHLETIC DIRECTOR. TEAMS  
WILL THEN SPILT UP TO MEET COACHES AND  
RECEIVE INFORMATION ABOUT THE UPCOMING  
SEASON BY THEM.**

**HAVE A NICE REMAINDER OF YOUR  
SUMMER VACATION!!**