Dear Lyman Memorial Families and Student-Athletes,

On behalf of the Lyman Memorial High School Athletic Department, it is my absolute pleasure to welcome you to the upcoming school year. Here at Lyman, we are deeply committed to establishing a culture of excellence, sportsmanship, and personal growth. Our explicit goal is to cultivate one of the premier high school athletic experiences in the State and that journey begins the moment a student-athlete decides to compete here at Lyman!

Interscholastic athletics offer an invaluable extension of the classroom, teaching leadership, resilience, and teamwork. We strongly encourage all students to challenge themselves and get involved in our programs.

For the Fall 2026 season, Lyman Memorial proudly offers the following sports programs:

- **Boys & Girls Cross Country** (Varsity & JV)
- **Boys & Girls Soccer** (Varsity & JV)
- **Girls Volleyball** (Varsity & JV)
- **Football** (Co-op with Bacon Academy)

## 1. Mandatory Online Registration & Medical Clearance

To ensure the safety, compliance, and eligibility of our student-athletes, registration must be completed online prior to the start of the season.

- **Registration Platform:** FinalForms is officially open and active. Please visit lebanon-ct.finalforms.com, click the login link, and follow the prompts.
- **Co-Participation Requirement:** Both the student-athlete and a parent/guardian must actively participate in this process. Mandatory state-required educational paperwork (covering concussion awareness, sudden cardiac arrest, heat acclimatization, and mental health awareness) must be read and digitally signed by both parties.
- **Physical Examinations:** A valid, updated physical examination form must be on file with the school nurse before any participation is permitted. Physical forms can be picked up outside the LMHS main office if needed.
- **In-Person Sports Clearance Dates:** Our school nurse will be available in the health office for sports clearance on the following dates:
    - **8/13 Thursday : 9am-12pm**
    - **8/14 Friday : 12pm-3pm**
    - **8/19 Wednesday : 9am-12pm**

## 2. Fall Sports Start Dates & Tryout Information

Please note the staggered start dates for our programs. To build a premier program, punctuality and preparation on day one are expected:

- **Football (Co-Op):** Organized Team Activities (OTAs) will officially begin on **Thursday, August 13, 2026**, at Bacon Academy. Exact times will be communicated directly by the coaching staff.
    - *Head Coach:* Sean Ladyga (48.ladz@gmail.com)

**All Other Fall Sports - Hosted at Lyman Memorial High School**

- **Cross Country, Soccer and Volleyball:** Officially begin on **Monday, August 24, 2026**.
    - **Cross Country:** Meets at the track complex at 5:30 PM.
        - *Head Coach:* Chantal Fields (chantal.fields@lebanonct.org)
    - **Boys Soccer:** Session from 9 AM – 11:30 AM Meets on the front field at LMHS.
        - *Head Coach:* Josh Perry (joshua.perry@lebanonct.org)
    - **Girls Soccer:** Meets on the front field at LMHS sessions from 8:30 AM – 11:00 AM and 12:00 PM – 2:00 PM.
        - *Head Coach:* Mark Morello (mark.morello@lebanonct.org)
    - **Girls Volleyball:** All athletes should report directly to the LMHS gymnasium on
        - **August 24th & August 25th Try-Outs**
            - Sessions from 8-10am and 12-2pm
        - **August 26 - 28 (Practice)**
            - JV - 2:30-4pm & Varsity 4pm-6pm
        - **August 29 (Practice)**
            - JV - 8am- 10am & Varsity 10am-12pm
        - *Head Coach: Katina Nanos* (katina.nanos@lebanonct.org)

*For any immediate sport-specific inquiries, please reach out to the respective head coach via email.*

## Fall "Meet the Coaches" Night

Our Fall "Meet the Coaches" Night is currently **To Be Determined (TBD)**. Once the date and time are officially finalized, an announcement will be sent out immediately to all families.

*Please note: This may be structured as individual, team-specific meetings rather than a single event for all fall sports. In this case, each head coach will set their own date and*

*hold a brief meeting to review team standards, expectations, and essential information for the upcoming season.*

Regardless of the final format, this evening serves as an essential opportunity for our student-athletes to meet their teammates, connect with coaches, and align on our high standards for high school athletics.

Thank you for your commitment to excellence and your continued support of Lyman Memorial Athletics. Let's work together to make this a historic and incredibly successful fall season

Sincerely,
**Brandon Strout**
Athletic Director/Health & P.E. Instructor
Lyman Memorial High School
Email: brandon.strout@lebanonct.org