



# **Gaston Day Athletics**

## **2025 - 2026 School Year**

***\*\*Continue to check back throughout the summer for updates\*\****

*Information current as of May 26th*

## **New Communication Platform - SportsYou**

We're excited to introduce **SportsYou** as our new communication platform moving forward. This will be replacing Remind as the primary way for players, parents, and coaches to stay connected outside of our weekly emails (during the school year).

**For the summer, we will use SportsYou as our main source of communication.** With OnCampus rolling over at the end of June, we won't have email distribution lists accurate until July. We will use SportsYou texts and team pages for all information this summer.

Once the school year begins, we will continue to send out the "Week Ahead" emails. SportsYou will allow us to have group chats for players, parents, and the entire team.

We're hoping this shift will streamline communication and make group messaging more efficient. For an easy sign-up experience, you can download the app and enter the access code (see below for all team access codes) to get started.

**Parents and student-athletes** should both sign up for SportsYou. Once you create your account, you can join multiple teams - we encourage you to sign up for your sports teams, as well as our Spartan strength page for updates this summer.

<b>FALL:</b>		<b>WINTER:</b>		<b>SPRING:</b>	
<b>Varsity Boys Soccer</b>	JKUV-6R47	<b>Varsity Boys Basketball</b>	Q9MD-WQEE	<b>Varsity Girls Soccer</b>	SUKC-PRJF
<b>Varsity Cross Country</b>	35RN-HP2U	<b>Varsity Girls Basketball</b>	537V-GLUV	<b>Varsity Baseball</b>	ZRM3-ZT57
<b>Varsity Girls Golf</b>	J8Q7-NX6C	<b>JV Boys Basketball</b>	ZQ7E-2N8U	<b>Varsity Boys Tennis</b>	WV3T-JHBX
<b>Varsity Girls Tennis</b>	5V52-KPNJ	<b>MS Boys Basketball</b>	5G5K-7JKM	<b>Varsity Boys Golf</b>	9RX7-ULDP
<b>Varsity Girls Volleyball</b>	LCA2-W4VD	<b>MS Girls Basketball</b>	JZG2-KU9H	<b>Varsity Track</b>	HMDR-4AN8
<b>JV Girls Volleyball</b>	XJLS-WWBW	<b>US Cheerleading</b>	R5HS-TUKP	<b>MS Girls Soccer</b>	DAR6-B53C
<b>MS Boys Soccer</b>	VNIX-52VQ	<b>MS Cheerleading</b>	8NSY-JATK	<b>MS Baseball</b>	KS2N-2WFS
<b>MS Girls Volleyball</b>	QKDH-4X8G	<b>Varsity Swimming</b>	N2XM-A9BN		
<b>MS Cross Country</b>	BNKP-WXRH				

**Spartan Strength - U5MS-J8QR**

**2025/26 COACHES LIST***Current as of 5/26/2025*

TEAMS	COACHES	EMAIL	SPORTSYOU CODE
<b>FALL:</b>			
Varsity Boys Soccer	Greg Lekavich Assistant: Joe Bailey	<a href="mailto:glekavich@gastonday.org">glekavich@gastonday.org</a>	JKUV-6R47
Varsity Cross Country	Jeff Colyer Assistant: Kristy Smith	<a href="mailto:crosscountry@gastonday.org">crosscountry@gastonday.org</a>	35RN-HP2U
Varsity Girls Golf	TBA		J8Q7-NX6C
Varsity Girls Tennis	Erik Ibsen	<a href="mailto:girlstennis@gastonday.org">girlstennis@gastonday.org</a>	5V52-KPNJ
Varsity Girls Volleyball	Derek Bing	<a href="mailto:volleyball@gastonday.org">volleyball@gastonday.org</a>	LCA2-W4VD
JV Girls Volleyball	TBA	<a href="mailto:volleyball@gastonday.org">volleyball@gastonday.org</a>	XJLS-WWBW
MS Boys Soccer	Andres Echevarria Assistant: Chris Newman	<a href="mailto:mssoccer@gastonday.org">mssoccer@gastonday.org</a>	VNIX-52VQ
MS Girls Volleyball	Alison Morgan	<a href="mailto:amorgan@gastonday.org">amorgan@gastonday.org</a>	QKDH-4X8G
MS Cross Country	Jeff Colyer	<a href="mailto:crosscountry@gastonday.org">crosscountry@gastonday.org</a>	BNKP-WXRH
<b>WINTER:</b>			
Varsity Boys Basketball	Darrion Holloway	<a href="mailto:boysbasketball@gastonday.org">boysbasketball@gastonday.org</a>	Q9MD-WQEE
Varsity Girls Basketball	Lulu Brase Assistant: Andrew Perino	<a href="mailto:lbrase@gastonday.org">lbrase@gastonday.org</a>	537V-GLUV
JV Boys Basketball	TBA		ZQ7E-2N8U
MS Boys Basketball	TBA		5G5K-7JKM
MS Girls Basketball	TBA		DAR6-B53C
US Cheerleading	Angie Acosta	<a href="mailto:aacosta@gastonday.org">aacosta@gastonday.org</a>	R5HS-TUKP
MS Cheerleading	Linsy Aul	<a href="mailto:mscheer@gastonday.org">mscheer@gastonday.org</a>	8NSY-JATK
Varsity Swimming	Isaac Phillips	<a href="mailto:swimming@gastonday.org">swimming@gastonday.org</a>	N2XM-A9BN
<b>SPRING:</b>			
Varsity Girls Soccer	Catey Stewart	<a href="mailto:vgsoccer@gastonday.org">vgsoccer@gastonday.org</a>	SUKC-PRJF
Varsity Baseball	Andrew Perino	<a href="mailto:aperino@gastonday.org">aperino@gastonday.org</a>	ZRM3-ZT57
Varsity Boys Tennis	TBA	<a href="mailto:boystennis@gastonday.org">boystennis@gastonday.org</a>	WV3T-JHBX
Varsity Boys Golf	Blake Holbrook	<a href="mailto:golf@gastonday.org">golf@gastonday.org</a>	9RX7-ULDP
Varsity Track and Field	Chale McLeod Jeff Colyer	<a href="mailto:Track@gastonday.org">Track@gastonday.org</a> <a href="mailto:Crosscountry@gastonday.org">Crosscountry@gastonday.org</a>	HMDR-4AN8
MS Girls Soccer	Andres Echevarria Assistant: Chris Newman	<a href="mailto:mssoccer@gastonday.org">mssoccer@gastonday.org</a>	DAR6-B53C
MS Baseball	Matt Little Assistant: Tom Ras	<a href="mailto:msbaseball@gastonday.org">msbaseball@gastonday.org</a>	KS2N-2WFS

# SUMMER SPARTAN STRENGTH INFORMATION

***\*\*Stay up-to-date with all dates and info by signing up for SportsYou team page\*\****

## **Spartan Strength (Summer Strength and Conditioning Offering) -**

- The goal is to attend 2x days a week - non-consecutive days
- Reach out to Coach Colyer via SportsYou for questions
  - **SportsYou Code - U5MS-J8QR**

## **Middle School (Rising 6th - 8th Graders)**

- Monday & Wednesday - 3:30 pm - 4:45 pm
- Dates -
  - June - 2nd - 5th, 9th - 12th, 16th - 19th, 23rd - 25th
  - July - 7th - 10th, 14th - 17th, 21st - 24th, 28th - 30th

## **High School (Rising 9th - 12th Graders)**

- Multiple Session Options -
  - Monday - Thursday - 5 pm - 6 pm
- Dates -
  - June - 2nd - 5th, 9th - 12th, 16th - 19th, 23rd - 25th
  - July - 7th - 10th, 14th - 17th, 21st - 24th, 28th - 30th

## SUMMER TEAM WORKOUT INFORMATION

***\*\*Stay up-to-date with all dates and info by signing up for SportsYou team page\*\****

### **Varsity Boys Soccer (Rising 9th - 12th) - JKUV-6R47**

- Tuesday & Thursdays in June/July 5 pm - 6:30 pm

### **Varsity Boys Basketball (Rising 9th - 12th) - Q9MD-WQEE**

- June 9th - June 26th
  - Monday & Wednesday - Strength 5 pm - 6 pm, Basketball 6:15 pm - 7:30 pm
  - Tuesday & Thursday - Basketball 6 pm - 7:30 pm
- July 7th - 30th
  - Wednesday - Open Gym/Basketball - 6:15 pm - 7:30 pm

### **Varsity & MS Girls Basketball (Rising 6th - 12th) - Varsity (537V-GLUV) & MS (DAR6-B53C)**

- Thursdays in June/July from 3:30 pm - 4:45 pm

### **Varsity Boys Baseball (Rising 9th - 12th) - ZRM3-ZT57**

- Tuesday, Wednesday, Thursday in June/July from 3:30 pm - 4:45 pm

### **Varsity Girls Volleyball (Rising 9th - 12th) - LCA2-W4VD**

- Dates / Times TBA

### **Varsity Girls Soccer (Rising 9th - 12th) - SUKC-PRJF**

- Tuesday in June/July from 3:45 pm - 4:45 pm

### **Varsity School Cross Country (Rising 8th-12th) - 35RN-HP2U**

- Summer run dates to be announced - Plan to attend Strength Sessions

### **Middle School Boys and Girls Soccer (Rising 6th - 8th) - Girls (DAR6-B53C) & Boys (VNJX-52VQ)**

- Monday & Wednesdays in June / July from 5 pm - 6 pm

### **Middle School Baseball (Rising 6th - 8th) - KS2N-2WFS**

- Summer Clinic Dates - June 21st, July 19th, and August 9th from 9 am - 12 pm

# PRE-PARTICIPATION INFORMATION

## ATHLETIC PAPERWORK

Each student-athlete needs updated paperwork on file and signed via OnCampus before being cleared to participate in athletic activities (both in-season and out-of-season activities). Paperwork includes:

- ***Pre-Participation Physical:*** All four pages of the sports physical must be submitted to be fully cleared. Pages 1-2 should be completed by the parent or legal guardian. Pages 3-4 must be completed by a licensed (non-family member) health care professional. **Sports Physicals are valid for 13 months from the exam date.**
- ***Pre-Participation Paperwork (found via OnCampus):*** These forms must be completed before the start of each athletic year (August 1st) by the student-athlete and parent/guardian (these are only completed ONCE a year).

### Athletic Paperwork Checklist

- ☐ **Sports Physical** (*copy sent via email or hard copy to Athletic Department*)
- ☐ **Athletics Consent to Participate Form** (*complete via OnCampus*)
- ☐ **Gfeller-Waller Concussion Form** (*complete via OnCampus*)
- ☐ **Heart Health and Safety Form** (*complete via OnCampus*)

### Pre-Participation Paperwork Link

 **2025-2026 GDS Athletics Paperwork & Checklist.pdf**

## FALL SPORTS TRYOUT INFORMATION

**ON THE FIRST DAY OF TRYOUTS – ALL GROUPS MEET IN THE UPPER DINING HALL TO CHECK IN  
WITH COACH BRASE AND COACH HALL**

### JV & VARSITY SPORTS

#### Varsity Soccer:

- Tryouts open for all 9th - 12th grade Boys
- Tryout Dates: Thursday, July 31st, and Friday, August 1st from 8 am - 11 am
- Practice Begins - Monday, Aug 4th & Tuesday, Aug 5th from 8am - 11am; starting Wednesday, Aug 6th 4 pm - 5:45 pm

#### JV and Varsity Volleyball:

- Tryouts open for all 7th - 12th grade Girls
- Dates: August 4th - 6th from 4 pm - 7 pm

#### Varsity Girls and Boys Cross Country:

- Tryouts open for all 8th - 12th grade Boys and Girls
- Dates: July 31st & August 1st from 8 am - 9:30 am

#### Varsity Girls Tennis:

- Tryouts open for all 7th - 12th grade Girls
- Dates: August 5th - 8th from 4:30 pm - 6 pm **(at Gaston Country Club)**

***\*\*First day of practice check in will occur at Gaston Country Club\*\****

#### Varsity Girls Golf:

- Tryouts open for all 7th - 12th grade Girls
- Dates: August 12th & 14th from 3:30 pm - 5 pm **(at Gaston Country Club)**

***\*\*First day of practice check in will occur at Gaston Country Club\*\****

### MIDDLE SCHOOL SPORTS

#### Middle School Boys and Girls Cross Country:

- Tryouts open to all boys and girls 6th - 7th grade
- Dates: August 11th - 13th from 9:30 am - 10:30 am

#### Middle School Boys Soccer:

- Tryouts open to all 6th - 8th grade boys
- Dates: August 11th - 13th from 3:30 pm - 5 pm

#### Middle School Volleyball:

- Tryouts open to all 6th - 8th grade girls
- Dates: August 11th - 13th from 3:30 pm - 5 pm

**MS & US CHEERLEADING CLINICS & TRYOUTS 2025- 2026**

- Tryouts open to all 6th - 12th graders
- Clinic Dates - August 2nd, 9th & 16th from 1 pm - 3pm
- Tryouts Date - August 23rd from 1 pm - 3 pm