

**Lancaster Mennonite Athletics
Fall Sports 2021-2022**

IMPORTANT DATES AND INFORMATION

- Middle School Sports will begin on **Tuesday, August 24, 2021.**
 - Practices will be help from 3:30-5:00pm on the first date at the Lancaster campus
 - The exception to this is Middle School Boys Soccer is holding voluntary practices the week of August 16th from 4-5:30pm on Field #1. Contact Coach George with any questions.
- PIAA Physical Packets must be completed and turned in by **Friday, August 13th.**
 - Physicals can be turned in to the Lancaster or Locust Grove Main Campus, or scanned and emailed to out athletic trainer, Miss Ann (seatonar@lancastermennonite.org)
 - Physical Packets can be found on the LM website by selecting the “Athletics” tab and then clicking the button titled “LM PIAA Physical Forms - All Students”

Boys Sports

Sport	Coach Name	Contact Info
Cross Country	Horacio De La Rosa	delarosaho@lancastermennonite.org
Boys Soccer	Duncan George	duncangeorge6@gmail.com

Girls Sports

Sport	Coach Name	Contact Info
Cross Country	Horacio De La Rosa	delarosaho@lancastermennonite.org
Girls Soccer	Alexa Esbenshade	alexajoy20@gmail.com
Volleyball	Christy Horst	horstcl@lancastermennonite.org
Field Hockey*	Heidi Stadel	thestadel3@comcast.net

* MS Field Hockey is a co-op with Lancaster Country Day. The start date for field hockey at LCDS is 8/23. Practices run M-F from 3:30-5:30. All student-athletes must turn in a PIAA Physical to LCDS and LMH and complete ImPact Testing. Info can be found on <https://www.lancastercountryday.org/athletics/registration-and-forms>. Feel free to contact LCDS Athletics office with questions or concerns (717-392-2916 x252).

