



2022 Fall Sports Information

Welcome to Upper Cape Tech! Below you will find important information regarding athletics at Upper Cape. Feel free to email me with any questions or concerns regarding athletics.

2 Mandatory Requirements:

1. Complete FamilyID Registration

Link: <https://www.familyid.com/organizations/upper-cape-cod-regional-technical-school>

2. Up-to date physical within 13 months to the day. Physicals should be sent to the school and should be emailed to rburke@uppercapetech.org

Below are the fall sports offered this year. Included are coaches contact information, as well as the first practice dates and times. Please **contact the coach** for more specific practice information and details.

Fall Sport	Coach	Contact Information	Start Date
Football	Dayne Johnson	daynejohnson73@gmail.com	8/19 5:00 PM
Cheerleading	Kelsi Spencer	kspencer@uppercapetech.org	8/22 9:00 AM (Meet in Cafeteria)
Boys Soccer	Michael Cabral	mcabral@uppercapetech.org	8/22 7:00 AM
Girls Soccer	James Levesque	jlevesque@uppercapetech.org	8/22 8:00 AM
Girls Volleyball	TBD	TBD	8/22 8:00 AM
Cross Country	Bob Genereau	rgenereau@uppercapetech.org	8/22 8:30 PM
Golf	Matt Lombard	mlombard@uppercapetech.org	8/25 8:00 AM Sandwich Hollows Golf Course

Contacts:

Athletic Director: Ben Rabinovitch brabinovitch@uppercapetech.org

Athletics Secretary: Rossana Burke rburke@uppercapetech.org

Follow us on twitter! <https://twitter.com/UpperCapeAD>

School website: <https://www.uppercapetech.com/site/Default.aspx?PageID=274>

