

2021 FALL ATHLETIC REGISTRATION & SUMMER CONDITIONING

Hello Students,

To Register to play a fall sport you will need to register on the Dedham Athletics Family ID:

[DHS 2021 FALL ATHLETIC REGISTRATION](#) **PLEASE MAKE SURE YOU HIT THE SUBMIT BUTTON**

All Registrations **MUST** be completed by 11:55PM WEDNESDAY AUGUST 18TH.

YOU MUST HAVE AN UPDATED PHYSICAL (13 MONTHS) ON FILE WITH THE SCHOOL NURSE....please check and make sure your physical is updated.

Details regarding registration on the FamilyID site

If you have any questions regarding fall athletic registration please do not hesitate to call or email at straister@dedham.k12.ma.us or 781-310-1122.

Football & Cheerleading will begin on Friday August 20th (times to be announced)

Cross Country, Field Hockey, Soccer & Volleyball will begin Monday August 23rd (times to be announced)

Golf Tuesday August 24th (time to be announced)

SUMMER CONDITIONING

DEDHAM STRENGTH & CONDITIONING

Our Strength & Conditioning Coach, Tia Sapienza, will open the weightroom starting July 6th on Monday's, Tuesday's, Thursday's and Friday's from 8am to 12pm

DEDHAM POLICE FIT CLUB

The Dedham police will open the weight room and gym every Monday & Wednesday from 3:30pm to 10pm this summer & every Thursday from 12:30pm to 2:30pm.

Hopefully you will take advantage of these great opportunities to improve their athletic experience.

Enjoy your summer