

**PSAL**  
**SPORTS**  
**Informational**  
**Presentation**



## PSAL SPORTS for Students in Grades 9 - 12

### FALL SPORTS

- Boys & Girls Cross Country
- Boys & Girls Soccer
- Girls Volleyball

### WINTER SPORTS

- Boys & Girls Basketball
- Coed Wrestling
- \* Cheerleading is an RKA club sport

### SPRING SPORTS

- Boys & Girls Track & Field
- Boys Baseball
- Girls Softball
- Coed Golf

### COLLEGIATE ACCOMPLISHMENTS

- 6 Division 1 Athletes
  - 5 Division 2 Athletes
  - 13 Division 3 Athletes
- in the last five years

### TEAM ACCOMPLISHMENTS

2010 - Baseball: City Champions  
2016 & 2017 - Volleyball: City Champions



# Fall Sports (August 15 - November 20)



Boys Soccer: Coach Cushing - WCushing@schools.nyc.gov  
Google Classroom CODE: **OJHY23L**

Girls Soccer: Coach Marino - SMarino7@schools.nyc.gov  
Google Classroom CODE: **YTPSLM2**

Girls Volleyball: Coach Reingold - JReingo@schools.nyc.gov  
Google Classroom CODE: **SHKUK43**

Cross Country: Coach Walsh (Boys) - DWalsh@schools.nyc.gov  
Coach Lepetit (Girls) - MLepetit@schools.nyc.gov  
Google Classroom CODE: **PFBMHXD**



# WINTER SPORTS (November 1 - March 15)

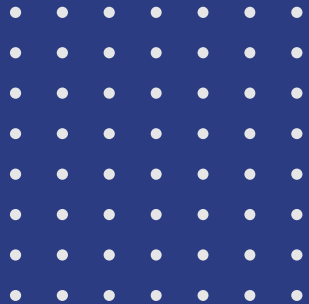


Boys Basketball: Coach Benack - CBenack@schools.nyc.gov  
Google Classroom CODE: **ZSWCGDE**

Girls Basketball: Coach Cushing - WCushing@schools.nyc.gov  
Google Classroom CODE: **HZ563MB**

Coed Wrestling: Coach Lepetit - MLepetit@schools.nyc.gov  
Google Classroom CODE: **LEGUX2M**

Coed Cheerleading: Coach Purdy - SPurdy@schools.nyc.gov  
Google Classroom CODE: **BZP3LNA**



# SPRING SPORTS (March 1 - June 10)

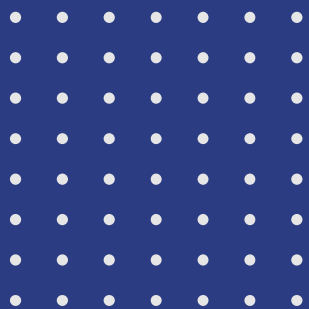


Boys Baseball: Coach Reingold - [JReingo@schools.nyc.gov](mailto:JReingo@schools.nyc.gov)  
Google Classroom CODE: **ZSWCGDE**

Girls Softball: Coach Purdy - [SPurdy@schools.nyc.gov](mailto:SPurdy@schools.nyc.gov)  
Google Classroom CODE: **HZ563MB**

Track & Field: Coach Walsh(Boys) - [DWalsh@schools.nyc.gov](mailto:DWalsh@schools.nyc.gov)  
Coach Lepetit (Girls) - [MLepetit@schools.nyc.gov](mailto:MLepetit@schools.nyc.gov)  
Google Classroom CODE: **PFBMHXD**

Coed Golf: Coach Bradshaw - [CBradsh2@schools.nyc.gov](mailto:CBradsh2@schools.nyc.gov)  
Google Classroom CODE: **BZP3LNA**

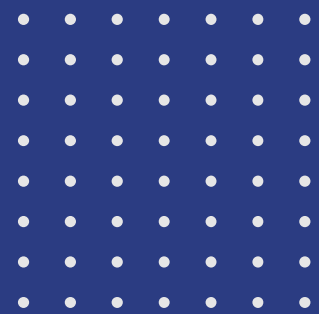


# ACADEMIC & CONDUCT REQUIREMENTS



- To Establish Eligibility

- June/January Report Card (MP3 not Final Term)
  - Pass 5 Classes and Physical Education
  - At Least 90% Attendance (No more than 3 absences)
  - At Least 65% GPA
- Transcript (Grades 10 - 12)
  - Earn at 10 credits from the past two terms



# ACADEMIC & CONDUCT REQUIREMENTS (cont)

- To Maintain Eligibility
  - October/March Report Card (MP 1)
    - At Least 90% Attendance (No more than 3 absences)
- Conduct (applicable for the entire school year)
  - No more than 5 class cuts in any marking period
  - No more than 2 Principal's suspensions
  - No more than 1 Superintendent's suspension

Academic Eligibility requirements  
are set by NYCDOE and PSAL not RKA

[For info, please visit PSAL's website](#)



# Tryout Period

- **Boys & Girls Soccer:** June +
- **Volleyball:** June +
- **Boys & Girls Cross Country Running:** June - October \*
- **Boys & Girls Basketball:** October - November +
- **Coed Wrestling:** October - December \*
- **Coed Cheerleading:** October - November +
- **Baseball & Softball:** January - February +
- **Boys & Girls Track & Field:** January - April\*
- **Coed Golf:** February - March +

+ = exact dates TBD by coach

\* = open enrollment, students can join at any time during the tryout period







# HOW DIFFICULT IS IT TO MAKE THE TEAM?

RKA strives to offer a wide range of athletic offerings. Due to the popularity of some sports and the number of students trying out, a few of our teams are very competitive.

## Level of Tryout Competition (Low, Moderate, High)

Boys & Girls Soccer: Moderate

Boys & Girls Cross Country: Low (everyone makes the team)

Volleyball: High

Boys Basketball: Very High

Girls Basketball: Moderate

Cheerleading: Very High

Wrestling: Low (everyone makes the team)

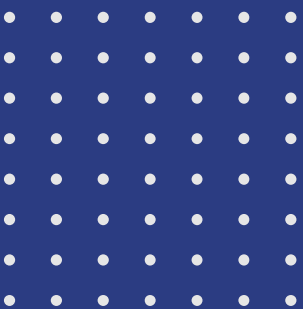
Baseball: High

Softball: High

Golf: Moderate

Track & Field: Low (everyone makes the team)

(High = more than 50 students trying out for 8 - 10 spots)



# REQUIRED FORMS



- **PSAL PARENTAL CONSENT FORM**
- **PSAL MEDICAL FORM** (must use this form; substitutes not accepted)
  - Completed once per 12 months
  - Can be used for for multiple seasons
- **RKA ATHLETIC POLICY**

\* SEE MR. EDMOND IN ROOM B24 FOR PAPERWORK

\* ALL FORMS MUST BE TURNED IN AS A PACKET

**DO NOT SEPARATE FORMS**



# PSAL ALL ACCESS PROGRAM



PSAL will provide all students the opportunity to tryout for a sport offered at another school if that sport is not available at their home school.

- All Access begins Spring 2023 (for the Fall 2023 Season)
- Tryouts do not guarantee participation
- PSAL will determine where individual students will tryout
- Students must meet academic eligibility requirements **before** they can tryout
- Paperwork will be submitted to PSAL for tryout determination (RKA makes no decisions about tryouts)





# Question?

- Please direct any sport-specific questions to the respective coaches.
- Students will receive information about tryouts, meetings, and practices in their Google Classroom

## Contact Information

**Les Edmond**  
**Athletic Director**  
**[LEdmond@schools.nyc.gov](mailto:LEdmond@schools.nyc.gov)**

