

# 2018-19 NEST+m PSAL Spring Sports Season

## March 1st - May

SPORT	COACH	EMAIL	START DATES	LOCATION
Girls Softball	Coach James Castillo	<a href="mailto:jcastillo4@schools.nyc.gov">jcastillo4@schools.nyc.gov</a>	March 1st NEST+m Gymnasium	NEST+m Gymnasium
Girls Fencing	Coach Hao Ma Co-Coach April Barabash	<a href="mailto:hma3@schools.nyc.gov">hma3@schools.nyc.gov</a> <a href="mailto:abarabash@schools.nyc.gov">abarabash@schools.nyc.gov</a>	March 11th - Forms and interest meeting room 324.	NEST+m Gymnasium

All student-athletes must have completed PSAL Physical and PSAL Parent Consent forms in order to participate in tryouts, practices, and games.

All forms and information can be found at [psal.org](http://psal.org) or the following link  
<https://nestmk12school.files.wordpress.com/2015/08/psalform.pdf>

Any sport specific questions, please email the coach of the sport. If you have any general athletic questions, please email Athletic Director Chad Cinquegrana at  
[ccinquegrana@schools.nyc.gov](mailto:ccinquegrana@schools.nyc.gov)