

*It is our belief that athletic programs should provide a variety of activities including as many opportunities for involvement as possible. Our goal is to encourage participation and to develop teamwork and fair play in developmentally appropriate programs. Based on a league philosophy of doing what is best for young adolescents, we will endeavor to employ coaches who have a strong understanding of the needs and potential of middle level learners.*

## ***SEACOAST INTERSCHOLASTIC ATHLETIC LEAGUE***



### **DRIVING DIRECTIONS**

**Seacoast Interscholastic Athletic League**

**Phone Numbers**

<b>Newmarket:</b> .....	<b>659-3271</b>
<b>Hampton Academy Junior High (HAJH):</b> .....	<b>926-2000</b>
<b>North Hampton:</b> .....	<b>964-5501</b>
<b>Rye Jr. High:</b> .....	<b>964-5591</b>
<b>Portsmouth Middle:</b> .....	<b>436-5781</b>
<b>Oyster River Middle:</b> .....	<b>868-2155</b>
<b>Cooperative Middle (Exeter):</b> .....	<b>775-8730</b>
<b>Ellis School, Fremont:</b> .....	<b>895-2511</b>
<b>Greenland:</b> .....	<b>431-6723</b>
<b>Sacred Heart:</b> .....	<b>926-3254</b>
<b>Hampton Falls:</b> .....	<b>926-2539</b>
<b>Berwick Academy:</b> .....	<b>(207)384-2164</b>
<b>Seabrook Middle:</b> .....	<b>474-9221</b>

### **Oyster River Middle School**

**FROM EAST-** Take Route 4 West toward Concord. At Madbury Road intersection there is a set of traffic lights. Bear Left onto Madbury Rd. Follow this road straight through a stop sign intersection. 2<sup>nd</sup> Left onto Bagdad, then right onto Dennison Rd. Middle School is on the left.

**FROM WEST-** Take Route 4 East toward Portsmouth. At Madbury Rd intersection traffic lights, bear Right onto Madbury Rd. Follow above directions.

**FROM SOUTH-** Take 108 North through Newmarket. Bear Left at Y intersection onto Main Street. Must turn Right onto Madbury Rd by the Post Office (one-way). Continue straight past the Catholic Church, take 3<sup>rd</sup> right after church on Bagdad then right on Dennison Drive, school on left.

**FROM NORTH-** Access Route 4 from either 108 through Dover and Madbury or 155 Madbury. Follow above directions.

### **Madbury Soccer Field**

**Rte 108 to Durham:** Get onto Madbury Road (it is the road taken to get to the Middle School) and follow it across the Rte 4 intersection until you reach Rte 155. Take a LEFT onto Rte 155. The field will be just ahead on the right at the intersection of 155 and Town Hall Road

#### **From 125:**

At the Lee traffic circle, take Rte 4 East. At the intersection with Madbury Road (traffic lights), take a LEFT. Follow Madbury Road until you reach Rte 155. From here, same as above (last two steps)

#### **From Rte 95/16 North:**

Take Rte 4 West. At the intersection of Madbury Road (traffic lights), take a RIGHT. Follow Madbury Road until you reach Rte 155. Follow last two steps in first section.

### GREENLAND CENTRAL SCHOOL DIRECTIONS

The fields are carry in/carry out -there are no trash receptacles.

**Boys and Girls soccer games and boys baseball games** are played at Krasco Field

**From the West** - Bear right onto Portsmouth Avenue, after the Cumberland Farms and the Post Office on right. Turn into the parking lot for the Town Hall, and follow the long driveway on the right around to the field.

**From the East** - Follow Route 33 to the lights at the Greenland Crossings (opposite Suds 'n Soda). Take a right at the lights onto Post Road. Follow Post Road approximately 1/4 mile and bear right at the gazebo onto Portsmouth Avenue. Follow Portsmouth Avenue to the Town Offices on your left. Turn into the parking lot and follow the driveway to the back and around to Krasko Field.

**From the South** - Take Route 1 to Post Road (Rte. 151) in North Hampton. Take a left onto Post and follow it into Greenland, past the Greenland School. Bear left at the fork and follow to the Town Offices on the left, where you will see a sign for Krasko Field. Turn left into the parking lot and follow the driveway to the back and around to the field.

**Our Field Hockey teams and girls softball** play at our new town fields.

**From the West** - Bear right onto Portsmouth Avenue, after the Cumberland Farms (the Post Office on your right). Follow to the fork at the gazebo and bear right. Go past Greenland School and less than a quarter of a mile on your left you will see a green sign for the Greenland Recreation Fields that sits on a dirt road. Take that left and follow the long dirt road to the top. Please park inside the gated area.

**From the East** - Follow Route 33 to the lights at the Greenland Crossings (opposite Suds 'n Soda). Take a right at the lights onto Post Road. Follow Post Road approximately 1/2 mile, past the Greenland School. On your left you will see a green sign for the Greenland Recreation Fields that sits on a dirt road. Take that left and follow the long dirt road to the top. Please park inside the gated area.

**From the South** - Take Route 1 to Post Road (Rte. 151) in North Hampton. Take a left onto Post and follow it into Greenland. About 1 mile past Breakfast Hill Road you will see a green sign on the right for the Greenland Recreation Fields that sits on a dirt road. Take that right and follow the long dirt road to the top. Please park inside the gated area.

**Any cross country meets** held in Greenland take place in front of the school on the town common. The meet station is located in the gazebo. All busses and spectators should park in the school parking lot.

**Exeter: Cooperative Middle School (603) 775-8700:**

**Route 33 South (from Portsmouth/Greenland):**

- \* Follow Route 33 South (Portsmouth Avenue) to Stratham Heights Road on left; (next light after Shaw's Shopping Plaza before junction of highway Route 101. Irving gas station is on corner of Stratham Heights Road and Route 33.)
- \* Take left onto Stratham Heights Road.
- \* Follow 1.2 miles - take a right onto Guinea Road
- \* Turn right onto Guinea Road and continue 1/2 mile to Academic Way on your left.
- \* Turn left into Academic Way - school is 1/4 mile down road

**High Street from Exeter Center**

- \* Follow Route 27/111, High Street for 1.9 miles
- \* Take left onto Guinea Road
- \* Follow Guinea Road .1/2 mile to Academic Way on right
- \* Turn left into Academic Way - school is 1/4 mile down road

**I-95 North or South**

- \* From I-95, take Exit #2
- \* After toll, bear right onto Route 101 West
- \* Take first exit, #12 - Route 27/111
- \* Take a left at the end of the ramp. Go straight to end of road.
- \* Take a right onto Hampton Road.
- \* Go 1/2 mile - take a right onto Guinea Road (directly across from Exeter Surgical Associates).
- \* Academic Way is approximately 1/2 mile on right - school is 1/4 mile down road.

**Route 101 from Manchester/Concord**

- \* Take Route 101 East to Exit 11. Take a left at the end of the ramp.
- \* Take your first right (Irving Gas Station on right) onto Stratham Heights Road
- \* Go 1.2 miles - take a right onto Guinea Road
- \* Approximately 1/2 mile (down the hill and up the hill) on the left is

Academic Way

\* School is 1/4 mile down road

**Hampton Academy Junior High School**

**(603) 926-2000**

Girls Soccer, Field Hockey and Softball are played on the backfield of HAJH. Volleyball, Girls Basketball and Wrestling are all held in the Eastman (upper) Gym of HAJH. Boys Soccer and Baseball are played at Hampton's Tuck Field. Any CC and Track & Field meets that HAJH hosts will be held at Winnacunnet High School. Boys Basketball is played at Marston Elementary School.

\*\*All games begin at 3:30 with the exception of Boys Basketball begins at 3:45.

**TO HAJH**

**from Oyster River Middle School**

Take I-95S toward Hampton

Take exit #2 toward Exeter/Hampton (.50 toll) to 101E for 1.5 mi

Take exit #13 toward Hampton (RT. 27) for .3 mi

Bear right on Liberty Lane for .1 mi

Turn right on RT 27 for 1.8 mi (go straight through the center of town on RT 27/High St)

Take second right onto Academy Ave

H AJH is on the left

**TUCK FIELD**

**FROM THE NORTH:**

From Interstate 95 South, take EXIT 2.

After paying toll, take Route 101 East. Go about a mile and take Hampton Falls exit to U.S. Route 1 South.

Immediately at the bottom of the exit ramp heading Route 1 South, cross traffic and get in the left lane to reverse direction onto Route 1 North.

Stay with the traffic in the center lane going under the Route 101 overpass.

Turn right onto Park Ave. Tuck Field is the first left.

**FROM THE SOUTH:**

From Interstate 95 North, take Exit 1, Seabrook.

Bear to the right on Exit ramp - Route 107 East

Continue straight to traffic lights. Turn left at traffic lights onto Route 1 North.

Continue on Route 1 North about 7 miles through 3 sets of traffic lights. Stay with the traffic in the center lane going under the Route 101 overpass.

Turn right onto Park Ave. Tuck Field is the first left.

**Rye Junior High School**

**(603) 964-5591**

(From Yahoo! Maps)

**From Route 101 (East)**

Take the Rte-101 EAST exit towards PORTSMOUTH/SEACOAST, exit #7

Merge on Rte-101 EAST

Take the Rte-111 exit towards EXETER/NORTH HAMPTON, exit #12

Turn Left on Rte-111 (Exeter Rd.)

Continue onto HOBBS RD across the intersection bearing rightish up the hill.

Turn Left on LAFAYETTE RD, which is Route 1.

Turn Right at the light at Breakfast Hill (about 2 miles) on to WASHINGTON RD.

Follow this for several miles into the center of town by the church.

Continue left and continue past the fire station. The school will be on the left.

**From Rte 95** take exit 5 (?) to the Portsmouth Traffic Circle and Route 1, then follow directions below.

**From Spaulding Turnpike**, Rte. 4 or 16: continue to Route 1 through the Portsmouth Traffic Circle and follow the directions below.

Go 3.5 miles south of Portsmouth traffic circle on Route 1, turn left on Lang Road at Ralph's Trucks and the gas station (across from Putnam's Ski Shop), go to the end (about one mile), turn left on Washington Road, and the school is on the left.

**Oyster River High School (Field Hockey Only)**

**From the South**

- \* Route 108 North through Newmarket to Durham.
- \* Veer left at intersection by District Court
- \* Veer right at Post Office on Madbury Road.
- \* Right on Woodman Road
- \* Left on Garrison Avenue
- \* Right on Coe Drive past the Middle School
- \* School is on left

**From the North**

- \* Spaulding Turnpike South to Exit 7
- \* Right on Route 108
- \* Right on Bagdad Road
- \* Left on Coe Drive after Route 4 overpass
- \* School is on right

**From the West**

- \* Route 4 East through Lee Traffic Circle
- \* Right on Madbury Road at light
- \* Left on Emerson Road
- \* Right on Coe Drive
- \* School is on right

**From the East**

- \* Route 4 West from Portsmouth
- \* Right Exit to UNH and Durham
- \* Right on 108 at stop sign at end of ramp
- \* Left on Canney Road
- \* Left on Bagdad Road
- \* Left on Coe Drive
- School is on right

### Seabrook Middle School

- \* Head down Route 95 South and take the route 107 exit.
- \* At the end of the ramp take a left.
- \* When you reach Route 1 bear right at the light.
- \* Follow Route 1 to the first light which is between a Laundromat and a Richdale's store.
- \* Take a left at this light (Railroad Ave).
- \* Follow Railroad Ave approximately 1 mile and bear right (If you go straight it is a dead-end) to the Causeway.
- \* School will be on your left.
- \* Middle school entrance is around the backside, on the right, as you face the school.

### Newmarket

**From the Hampton area:** Take rte 101 to rte 108, follow 108 into Newmarket. Go past police station on left and then over some R.R. tracks. After tracks, take 1st left (Gerry Ave.) go up a hill, at top of hill take a left, school will be about 1/2 mile up on the left.

**From Dover/Durham:** Follow rte 108 into downtown Newmarket. When road forks, stay right onto rte 152, and the school is about 3/4 mile up on left.

### Portsmouth

#### CLOUGH FIELD

- \* Route 4 East and Route 16 South to Portsmouth traffic circle
- \* Route 1 Bypass South
- \* LEFT at lights by Port City Chrysler/Dodge
- \* At the end of road, bear LEFT (this is an uphill direction, visibility is poor!)
- \* Turn RIGHT at the lights onto South Street
- \* Go straight through the lights at the intersection with Sagamore Ave.
- \* Turn RIGHT just after the cemetery (this road leads to Little Harbor School)
- \* Clough field is on the right

#### Middle School

- \* Route 4 East and Route 16 South to Portsmouth traffic circle
- \* Route 1 Bypass South
- \* LEFT at lights by Port City Chrysler/Dodge
- \* At the end of road, bear LEFT (this is an uphill direction, visibility is poor!)
- \* Turn RIGHT at the lights onto South Street
- \* Stay on South St.
- \* Turn left onto Junkins Ave.
- \* Turn left onto Parrott Ave.
- \* Portsmouth Middle School is on the right

### Ellis School, Fremont, NH

\*Take 101 West to Exit 6 (sign will say Depot Road/Beede Road) At the top of the exit turn left. Proceed approximately 4 miles to stop sign at 107. Turn left on to 107, school is directly on your left.

### Hampton Falls

**From 101** take Hampton Falls exit – Rt. 1 south.

At first light take right, the school is on the left.

\* Spring and winter sports are played at school.

\* Fall sports are played across the street .

**From Rt 1 North**, pass Sacred Heart school and head straight on Rt 1 south, about 2 miles south take right on Rt 88.

School is on the left.

### North Hampton School

**From the Portsmouth rotary:** Take Rt. 1 south for approximately 4-5 miles. In the town of North Hampton, you will come to a set of lights with an Irving gas station on your left and a golf cart sales place on your right. At that set of lights, take a left (Atlantic Ave.). Go past the police station, fire department, over a small bridge, approximately ¼ mile on the left is the school. Entrance to the rear fields will be after 3:05pm.

#### **From South:**

If you need further information about North Hampton, please call 964-5501.

### Sacred Heart School

Located on U.S. Route 1 in the center of Hampton across from the Mobil Station.

#### **FROM THE NORTH:**

From Interstate 95 South, take EXIT 2.

After paying toll, take Route 101 East.

Go about a mile and take Hampton Falls exit to U.S. Route 1 South.

Immediately at the bottom of the exit ramp heading Route 1 South, cross traffic and get in the left lane to reverse direction onto Route 1 North.

Stay with the traffic in the center lane going under the Route 101 overpass. Go past first right, Park Avenue, and take right into Our Lady of the Miraculous Medal Church Parking Lot. Entrance to parking lot is before the set of traffic lights. Sacred Heart School is located behind OLMM Church.

#### **FROM THE SOUTH:**

From Interstate 95 North, take Exit 1, Seabrook.

Bear to the right on Exit ramp - Route 107 East

Continue straight to traffic lights. Turn left at traffic lights onto Route 1 North.

Continue on Route 1 North about 7 miles through 3 sets of traffic lights.

Stay with the traffic in the center lane going under the Route 101 overpass. Go past first right, Park Avenue, and take right into Our Lady of the Miraculous Medal Church Parking Lot. Entrance to parking lot is before the set of traffic lights. Sacred Heart School is located behind OLMM Church.

### Barrington Middle School

Take 4 to 125 into Barrington.

At the light, take a right onto 9.

We are down 1/2 mile on the right