

## **FALL SPORTS TRYOUTS**

**Football** - Monday, August 12<sup>th</sup> – Freshmen/Soph/Varsity: Report to the North Building gymnasium at 3:30 p.m. 1<sup>st</sup> Practice: 3:30-5:30 p.m.; Break: 5:30-6:30 p.m.; 2<sup>nd</sup> Practice: 6:30-8:00 p.m. \*Players are to wear shorts, t-shirts and spikes. Players should bring a combination lock, nutritious dinner, something to drink (at least 32 oz.) and always have gym shoes with them in case of rain. If you have any questions or concerns, please feel free to contact me.

**Head Coach:** Adam Polak, e-mail: [adam.polak2@gmail.com](mailto:adam.polak2@gmail.com)

**Soccer** (boys) – Monday, August 12<sup>th</sup> from 3:00-5:00 p.m., initial practice, followed by August 13<sup>th</sup> (3:00-5:00pm), 14<sup>th</sup> (1:00–3:00pm), 15<sup>th</sup> (1:00–3:00pm), and 16<sup>th</sup> (1:00-3:00pm). The team (all grade levels) will meet on the soccer fields. Athletes should bring cleats, gym shoes, shin guards, socks and hydration.

**Head Coach:** Matt Sinacore, email: [matt.sinacore@stjoeshs.org](mailto:matt.sinacore@stjoeshs.org)

**Volleyball** (girls) – Freshmen, Sophomores, Juniors and Seniors: Monday, August 12<sup>th</sup> 2:00-3:30 p.m. in the South Gym. Players should bring bottled water/Gatorade, indoor volleyball or cross training shoes, knee pads, ankle braces (optional). Please be properly dressed and arrive 15 minutes prior to your scheduled time.

**Athletic Director:** Vicente Peña, e-mail: [vicente.pena@stjoeshs.org](mailto:vicente.pena@stjoeshs.org)

**Dance** – students interested in dance should contact Coach Thurmond @ [cree\\_thurmond@yahoo.com](mailto:cree_thurmond@yahoo.com)

**Cheer** – students interested in cheer should contact Coach Kruvalis @ [sue.kruvalis@stjoeshs.org](mailto:sue.kruvalis@stjoeshs.org)