

<u>Volleyball</u>	Mon.	Aug. 20	grades 11 & 12	9:30 am - 10:30 am	3rd Floor Nurse
	Mon.	Aug. 20	grades 9 & 10	11:00 am - 12:00 pm	3rd Floor Nurse
	Tues.	Aug. 21	all grades	9:00 am - 11:30 pm	Gymnasium
	Wed.	Aug. 22	all grades	9:00 am - 11:30 am	Gymnasium
	Thurs.	Aug. 23	all grades	9:00 am - 11:30 am	Gymnasium
	Fri.	Aug. 24	all grades	9:00 am - 11:30 am	Gymnasium

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/27 – 8/31 AFTER TRYOUTS ARE OVER

<u>Swimming</u>	Tues.	Aug. 21	grades 11 & 12	9:00 am - 10:00 am	3rd Floor Nurse
	Tues.	Aug. 21	grades 9 & 10	10:30 am - 11:30 am	3rd Floor Nurse
	Thurs.	Aug. 23	all grades	6:00 pm - 8:00 pm	OLMA GYM *
	Fri.	Aug. 24	all grades	7:00 pm - 9:00 pm	Chaminade Pool *
	Tues.	Aug. 28	all grades	7:00 pm - 9:00 pm	Chaminade Pool *

TEAM PRACTICES ARE ON TUESDAYS & FRIDAYS AT CHAMINADE POOL FROM 7:30 – 9:00 PM

* bring sneakers, shorts, suits & caps

<u>Tennis</u>	Fri.	Aug. 17	grades 11 & 12	9:00 am - 9:30 am	3rd Floor Nurse
	Fri.	Aug. 17	grades 9 & 10	9:30 am - 10:00 am	3rd Floor Nurse
	Wed.	Aug. 22	all grades	8:00 am - 10:00 am	OLMA Lower Cts
	Thurs.	Aug. 23	all grades	8:00 am - 10:00 am	OLMA Lower Cts
	Fri.	Aug. 24	all grades	8:00 am - 10:00 am	OLMA Lower Cts

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/27 – 8/31 AFTER TRYOUTS ARE OVER

<u>X-Country</u>	Fri.	Aug. 17	all grades	10:00 am - 11:00 am	3rd Floor Nurse
	Mon.	Aug. 20	all grades	8:00 am - 10:00 pm	Gymnasium
	Tues.	Aug. 21	all grades	8:00 am - 10:00 am	Gymnasium
	Wed.	Aug. 22	all grades	8:00 am - 10:00 am	Gymnasium

TEAM PRACTICES WILL CONTINUE THE WEEK OF 8/27 – 8/31

<u>Crew</u>	Wed.	Aug. 22	all grades	9:00 am – 11:00 am	3 rd Floor Nurse
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New freshman rowers are recommended to attend Huntington Crew Club Summer Rowing Sessions – OR Sagamore Rowing Association’s Learn to Row Program – contact (631-239-1282) or webmaster @ sagamorerowing.org

ALL crew students must have a completed sports physical on file by August 22nd and see the school nurse in the morning between 9:00 am – 11:00 am on the 3rd floor.

If you can not go to the Aug. 22 appointment time you can attend one of the other appointment sessions for clearance.

Grade 9 - August 22 - 9:00AM – 11:00AM Meet in Gym then Exercise Room.
 August 23 Wear sneakers and shorts. Tryouts continue for selected participants at Beekman Beach Oyster Bay Aug. 27th – Aug. 31st 4:00-6:00PM.

Returning Spring Rowers – August 27th 4:00 – 6:00 PM Beekman Beach. Team practices continue the week of August 27th.

Any questions contact - Coach Julie Solar e-mail at jul1687@aol.com

If you have any questions, please feel free to call me at (516) 921-1756.

Sincerely yours,

Karen M. Andreone
 Athletic Director