

<u>Volleyball</u>	Wed.	Aug. 26	grades 11 & 12	9:30 am - 10:30 am	3rd Floor Nurse
	Wed.	Aug. 26	grades 9 & 10	11:00 am - 12:00 pm	3rd Floor Nurse
	Wed.	Aug. 26	all grades	12:00 pm - 2:30 pm	Gymnasium
	Thurs.	Aug. 27	all grades	9:00 am - 11:30 am	Gymnasium
	Fri.	Aug. 28	all grades	9:00 am - 11:30 am	Gymnasium

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/31 – 9/4 AFTER TRYOUTS ARE OVER

<u>Swimming</u>	Tues.	Aug. 25	grades 11 & 12	9:00 am - 10:00 am	3rd Floor Nurse
	Tues.	Aug. 25	grades 9 & 10	10:30 am - 11:30 am	3rd Floor Nurse
	Thurs.	Aug. 27	all grades	6:00 pm - 8:00 pm	OLMA GYM *
	Fri.	Aug. 28	all grades	7:00 pm - 9:00 pm	Chaminade Pool **
	Tues.	Sept. 1	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 ** bring suits & caps

<u>Tennis</u>	Wed.	Aug. 19	grades 11 & 12	9:00 am - 9:30 am	3rd Floor Nurse
	Wed.	Aug. 19	grades 9 & 10	9:30 am - 10:00 am	3rd Floor Nurse
	Wed.	Aug. 26	all grades	8:00 am - 10:00 am	OLMA Lower Cts
	Thurs.	Aug. 27	all grades	8:00 am - 10:00 am	OLMA Lower Cts
	Fri.	Aug. 28	all grades	8:00 am - 10:00 am	OLMA Lower Cts

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/31 – 9/4 AFTER TRYOUTS ARE OVER

<u>X-Country</u>	Wed.	Aug. 19	all grades	10:00 am - 11:00 am	3rd Floor Nurse
	Wed.	Aug. 26	all grades	8:15 am - 9:45 am	Gymnasium
	Thurs.	Aug. 27	all grades	8:15 am - 9:45 am	Gymnasium
	Fri.	Aug. 28	all grades	8:15 am - 9:45 am	Gymnasium

TEAM PRACTICES WILL CONTINUE THE WEEK OF 8/31 – 9/4

Crew New freshman rowers are recommended to attend 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 26th

Students can go to ANY of the scheduled sports appointments for clearance

Grade 9 - August 31- 9:00AM – 11:00AM Meet in Gym then Exercise Room.

September 1 Wear sneakers and shorts. Tryouts continue for selected participants at Beekman Beach Oyster Bay September 2nd-4th 4:00-6:00PM.

Returning Spring Rowers – August 31st 4:00 – 6:00 PM Beekman Beach. Team practices continue the week of August 31st.

Any questions contact - Coach Ellen Hughes at e-mail Hughesem@ix.netcom.com

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

Sincerely yours,

Karen M. Andreone
Athletic Director