

JV & VARSITY SUMMER OPEN WORK OUT SCHEDULE AND FALL 2018 SPORTS 1st PRACTICE & TRYOUT - DATES & TIMES

WEIGHT TRAINING INTRAMURALS

Please contact Sal Ciampi for days and times for weight training @ sciampi@eischools.org

FOOTBALL – VARSITY COACH SAL CIAMPI

Beginning Wednesday, July 4, 2018, summer open workouts start and continue from Monday – Thursday, 8 am -12 pm behind the high school.

First practice & tryout date: Monday, August 14, 2018

For more information please contact: Coach Sal Ciampi – sciampi@eischools.org

JV FOOTBALL – COACH ROBERT SCONONE

Beginning Wednesday, July 5, 2018, summer open workouts start Monday – Thursday, 3 PM - 6 pm behind the high school.

First practice & tryout date: Monday, August 14, 2018

Coach Robert Sconone – rssconone7@optonline.net

VARSITY CHEERLEADING – COACH MELISSA GRAZIANO

Beginning Wednesday, July 4, 2018, summer open workouts start every Tuesday & Thursday morning, 9 am – 11 am in the HS auxiliary gym.

First practice & tryout date: Monday, August 20, 2018

For information please contact: Coach Graziano – melpalumbo2@gmail.com

JUNIOR VARSITY CHEERLEADING – TBA

Beginning Thursday, July 5, 2018, summer open workouts start every Tuesday & Thursday, 9 am – 11 am in the HS auxiliary gym.

First practice & tryout date: Monday, August 20, 2018

For information please contact the Varsity Coach Melissa Palumbo – melpalumbo2@gmail.com

CROSS COUNTRY – BOYS – COACH RALPH TUBELLO

First practice & tryout date: August 20, 2018

For information please contact: Coach Tubello – rtubello@eischools.org

CROSS COUNTRY – GIRLS – COACH JOHN REYNOLDS

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First practice & tryout dates: Monday, August 20, 2018 on the middle school track

For information please contact: Coach John Reynolds – jreynolds@eischools.org

FIELD HOCKEY – VARSITY – COACH CHRISTOPHER VEIT

First practice & tryout date: Monday, August 20, 2018 @ 8 am on the MS track

For information please contact: Coach Veit – cveit@eischools.org

FIELD HOCKEY – JUNIOR VARSITY – COACH CHAD SPRUYT

First practice & tryout date: Monday, August 20, 2018

For information please contact: Coach Spruyt - cspruyt@eischools.org

GOLF – BOYS – COACH CHRISTOPHER ROBERTSON

First practice date: Monday, August 20, 2018

For additional information please contact: Coach Robertson - Croberts@eischools.org

GYMNASTICS – COACH DENNIS JONES

First practice & tryout date: Monday, August 27 @ 8 am in the MS gymnasium

For information please contact: Coach Dennis Jones - Djones@eischools.org

SOCCER – BOYS VARSITY – COACH RAY LANG

First practice & tryout date: Monday, August 20, 2018 – 7 to 10 am.

For more information please contact: Coach Lang – Rlang@eischools.org

SOCCER – BOYS JUNIOR VARSITY – COACH ROBERT SCHWENDER

First practice & tryout date: Monday, August 20, 2018 – 7 to 10 am

JV Boys' Soccer Coach - Rob Schwender - Rschwend@eischools.org

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SOCCER – GIRLS VARSITY – COACH JULIE SUSSKIND

First practice & tryout date: Monday, August 20, 2018

For more information please contact: Coach Susskind – jsusskin@eischools.org

SOCCER – GIRLS JUNIOR VARSITY – DAVID LAKE

First practice & tryout date: Monday, August 20, 2018

For information please contact: Coach Lake - Dlake@eischools.org

VOLLEYBALL – GIRLS’ VARSITY - ROMINA ACKLEY

Open gym for varsity volleyball as follows:

Starting Tuesday, July 24, 2018 – 9 am – 11 am – Tuesday’s, and Thursday’s and runs through August.

Three tryout sessions:

Monday, August 20, 2018 - 7 am to 8:30 am & 5 pm – 7 pm

Tuesday, August 21, 2018 – 8:30 am to 10 am & 7 pm – 9 pm

Wednesday, August, 22, 2018 - 7 am to 8:30 am & 5 pm – 7 pm

First Practice will be Thursday, August 23, 2018

MUST ATTEND ALL TRYOUT SESSIONS

Any questions please email Coach Ackley for Varsity: Romina.Ackley@eischools.org or
Junior Varsity Coach Bush: pbush@eischools.org

VOLLEYBALL – GIRLS’ JUNIOR VARSITY - PATRICIA BUSH

Tryouts begin - Monday, August 20, 2018

Anyone interested in playing volleyball, you are encouraged to please come to all the open workouts. JV Coach Bush will be at the open workouts Tuesday’s and Thursday’s, same time as varsity above.

For more information please contact Coach Bush: – pbush@eischools.org

VOLLEYBALL – BOYS’ VARSITY – LAURA O’DONNELL

For more information please contact Coach O’Donnell: Laura.odonnell@eischools.org

Tryouts for varsity boys’ volleyball are as follows:

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**SWIMMING – VARSITY GIRLS – (COMBINED TEAM WITH CONNETQUOT SD)
COACH - ALEX SCICHILONE**

First practice date is Monday, August 21, 2018

For more information please contact: Coach Alex Scichilone

Coach24@optonline.net

GIRLS' VARSITY TENNIS – MICHAEL DROZD

First practice & tryouts are Monday, August 20, 2018

Practice & tryout times held @ the HS - 7 am to 10 am - Mon., Aug. 20

For more information please contact: Coach Michael Drozd – mdrozd@eischools.org

GIRLS' JUNIOR VARSITY TENNIS – EMIL STEWART

First practice and tryouts are Monday, August 20, 2018

Practice & tryout times held @ the HS - 7 am to 10 am - Mon., Aug. 21

For more information please contact: Coach Emil Stewart – estewart@eischools.org

***SPORTS CANDIDATES QUESTIONNAIRE/CONSENT FORM FOR
PARTICIPATION IN INTERSCHOLASTIC ATHLETICS, also referred to
as “ORANGE CARDS”***

Orange cards that are completed and ready to be turned in for fall varsity and junior varsity sports can be put in the HS main office any day from Monday, through Thursday during the summer from 7:30 am through 3:35 pm. Please put them in the HS Nurses mailboxes.