

FALL 2023 TRYOUTS
Registration Begins July 24th
Registration Ends August 17th
<https://www.planeths.com/>

ATTENTION ALL ATHLETES TRYING OUT ON THE BACK FIELD AT SAINT ANTHONY'S (CY DONNELLY FIELD). ACCESS TO THE FIELD WILL BE FROM THE ST. ELIZABETH'S OF HUNGARY PARKING LOT. PLEASE USE THE GATE LOCATED IN THE BACK CORNER OF THE PARKING LOT. THERE IS NO ACCESS TO THE FIELD FROM THE SCHOOL PARKING LOT.

- **All tryouts are mandatory**
- **You are not permitted to try out until the Saint Anthony's School Nurse clears you**
- **All Athletes are expected to have water and any equipment needed. (Football candidates will receive a helmet and shoulder pads)**
- **Please reach out to head coaches with any questions and concerns**
- **Future updates and team schedules can be found at Friarathletics.org**

BOYS CROSS COUNTRY

ALL GRADES @Sunken Meadow State Park
Monday August 21st - Friday 25th
Head Coach Tim Dearie

8:00 AM XC Starting Line
tdearie@stanthonys.shs.org

GIRLS CROSS COUNTRY

ALL GRADES @Sunken Meadow State Park
Monday August 21st - Friday 25th
Head Coach Olivier St. Aude
Google Classroom code b2kmmky

5:00 PM Park in Lot 1
ostaude@stanthonys.shs.org

CREW updated:

Both Varsity and Novice = All Grades

Monday August 21 - 24th @St. Anthony's
Monday August 28th - 30th @Timber Point

6:00 PM - 7:30 PM
8:00 AM - 9:30 AM

Head Coach Jaclyn Weber-Cantrell

jweber-cantrell@stanthonyshs.org

Google Classroom Code **fngx4tc** - for more details

CHEERLEADING

ALL GRADES @Student Center

Cheerleading is a Fall and Winter sport, with tryouts for each season

- Wear a white t-shirt (no tank tops), black shorts, socks, and sneakers/cheer sneakers. Hair must be tied back in a ponytail. NO LONG/FAKE NAILS. NO JEWELRY! NO GUM CHEWING!

Monday August 21st. - ALL GRADES 11:00 AM - 3:00 PM
Tuesday August 22nd. - ALL GRADES 11:00 AM - 2:00 PM
- **Varsity Tryouts** 3:00 PM - 6:00 PM
(open to ALL GRADES with the required skills.)

Wednesday August 23rd - **JV tryouts** 11:00 AM - 2:00 PM
(open to juniors, sophomores, and freshman that meet the required skills)
Varsity team practice 3:00PM - 5:00PM

Thursday August 24th - **Freshman Tryouts** 11:00AM - 2:00PM
(Freshman ONLY. even if you tried out for JV or Varsity)
Varsity and JV team practices 3:00PM - 5:00PM

Friday August 25th & Saturday August 26th 9:00 AM - 2:00 PM
@Gravity Cheer gym (1160 Lincoln Ave, Holbrook, NY 11741)
MANDATORY for ALL VARSITY, JV, AND FRESHMAN TEAM MEMBERS

Head Varsity Cheer Coach: Alysse LoPresti

alopresti@stanthonyshs.org

**Details about skill requirements for each level can be found on the SA Cheer Program
Google Classroom SA students only.

<https://classroom.google.com/c/MjUyNjYyNjUxODIy?cjc=prx455a>

FOOTBALL

JV and Varsity

Wednesday, August 16th. @Saint Anthony's Auditorium 8:00 AM

Our google classroom contains the schedule for the entire preseason.

Varsity Google Classroom Code: q6t52t5

Head Coach Joseph Minucci

jminucci@stanthonyshs.org

Freshmen

Monday 8/21	Meet in the auditorium Practice Front Field	3:15 PM 4:00 PM - 6:30
Tuesday 8/22	Practice Front Field	4:00 PM - 6:30
Wednesday 8/23	Practice Front Field	5:00 PM - 7:30
Thursday 8/24	Practice Front Field	5:00 PM - 7:30
Friday 8/25	Practice Front Field	8:00 - 10:00 AM
Saturday 8/26	Practice Front Field	9:30 - 11:30 AM

Freshmen Football Google Classroom Code J3BGWXX for additional information
Head Coach Brendan Schroeder bschroeder@stanthonyshs.org

GIRLS SOCCER

Please wear a white T-shirt each day with your name printed on the back. Have shin guards, cleats, running shoes, water, and a ball each day.

Tryouts will take place from 8/21 - 8/23.

All players selected are expected to be at practice every day starting 8/24.

Monday, August 21st

VARSIITY

FRESHMEN AND SOPHOMORES

10:30 - 12:30 PM (Back Field)

2:15 - 3:45 PM (Front Field = Metzger)

Tuesday, August 22nd

VARSIITY

FRESHMEN AND SOPHOMORES

10:30 - 12:30 PM (Back Field)

2:15 - 3:45 PM (Front Field)

Wednesday August 23rd

VARSIITY

FRESHMEN AND SOPHOMORES

10:30 - 12:30 PM (Back Field)

2:15 - 3:45 PM (Front Field)

Thursday, August 24th Practice Begins

VARSIITY

FRESHMEN AND SOPHOMORES

10:30 - 12:30 PM (Back Field)

2:15 - 3:45 PM (Front Field)

Head Varsity Coach Scott Carey

scarey@stanthonyshs.org

GIRLS VARSITY SWIMMING

All Tryouts take place **at Half Hollow Hills West Natatorium**
1/2 mile east of St. Anthony's on Wolf Hill Road

Returning Varsity Swimmers

Tuesday August 29th

6:00 AM

All new swimmers in all grades

**Tuesday September 5th

6:00 AM

Head Coach Dan McBride dmcbride@stanthonyshs.org

BOYS SOCCER

Please wear a white T-shirt with your name printed on the back. Have shin guards, cleats, running shoes, water, and a ball each day.

Monday August 21st

FRESHMEN

SOPHOMORES

VARSITY

Back Field

3:00 - 4:30 PM

4:30 - 6:00 PM

6:00 - 7:30 PM

Tuesday August 22nd

FRESHMEN

SOPHOMORES

VARSITY

Back Field

3:00 - 4:30 PM

4:30 - 6:00 PM

6:00 - 7:30 PM

Wednesday August 23rd

FRESHMEN

SOPHOMORES

VARSITY

Back Field

3:00 - 4:30 PM

4:30 - 6:00 PM

6:00 - 7:30 PM

Gentlemen,

The Boys Soccer Program has a long and proud tradition of excellence. We seek student athletes with character, determination, and the heart and desire to be the best on and off the pitch.

Our coaching staff is committed and dedicated to fielding teams that will go on to compete at the highest levels. We are very excited about the upcoming 2023 Fall Season and urge you all to be prepared for tryouts – physically and mentally.

To wear the Black & Gold and compete at this highest level requires you to report to tryouts game fit. By now, each player should be working out with and without the ball. You must be present for tryouts to be eligible to participate on our soccer teams. Please be prepared, and report 30 minutes before your actual tryout time. Please wear a white t-shirt with your name printed on the back. Please bring shin guards, soccer shoes, running shoes, and water to last you for each tryout session.

Please note: If you make one of our teams, preseason training sessions will start on August 25th and continue until school starts.

Good luck to all of you, and I look forward to seeing you on August 21, 22, 23.

Head Varsity Coach Don Corrao

dcorrao@stanthonyshs.org

GIRLS TENNIS @Terry Farrell Park

All grades

Dates are Mandatory

Wednesday August 30th

3:00 - 5:00 PM

Thursday August 31st

3:00 - 5:00 PM

Friday September 1st

3:00 - 5:00 PM

Head Coach Curtis McCalla

cmccalla@stanthonyschools.org

VOLLEYBALL **** UPDATED

Tryouts are Mandatory all days and you must be cleared by the School Nurse to try out.

Volleyball Google Classroom ztb6ogx for more details

New Tryout Times

Posted on google classroom are as follows

Monday, August 21, 2023

10th, 11th and 12th graders

They have to arrive by 1:30 pm to sign in

Tryout is from 2 pm -4 pm

Freshman arrive by 4:30 pm

Tryout is from 5 pm-7 pm

Tuesday 8/22

10th, 11th and 12th Graders

From 2:30 pm-4 pm.

The freshman group along with some sophomores

From 4:30 pm-6:30 pm.

The first round of cuts will be made for JV that evening.

Final cuts will be made for Varsity

Head Coach Mrs. Newman

dnewman@stanthonyschools.org