

**New Rochelle High School
Department of Athletics**

Fall Pre-season Tryouts/Practice Dates - 2018

VARSITY FOOTBALL

Monday, August 13th – 7:30am (meet at the high school)

Practice schedule will be Monday through Friday 7:30am – 7:30pm

Saturday, August 18 – 7:30am – 7:30pm (time may change)

(Practice times and camp schedule for the following 2 weeks will be forthcoming)

For questions contact: Coach DiRienzo at ldirienzo@nredlearn.org

JV FOOTBALL

Monday, August 13th – 8:00am (meet at the high school)

Practices times will be from 8:00am – 2:00pm Monday through Saturday)

For questions contact: Coach Washington at twashington@nredlearn.org

FRESHMAN FOOTBALL

Monday, August 20th – 9:00am (meet at the high school)

Practice times will be 9:00am – 1:00pm (schedules will be announced by the coaches)

For questions contact: Coach Washington at twashington@nredlearn.org

GIRLS' VARSITY and JV SOCCER

Monday, August 13th – 9:00am (meet at the high school)

Practices will be from 9:00-11:00am and 1:00-3:00pm, Monday through Friday. Practice time might vary on Saturday.

For questions contact: Coach Fran at coachfn@ymail.com

BOYS' VARSITY and JV SOCCER

Wednesday, August 15th – 8:00am (meet at the high school)

Practice sessions will be from 8:00-10:00am and 4:00-6:00pm Monday through Friday.

Practice on Saturday, August 18th will be from 8:00-11:00am

Summer workouts will be taking place; contact Coach Garcia for details.

For questions contact: Coach Garcia at jgarcia@nredlearn.org

GIRLS' VARSITY SWIMMING

Monday, August 20th – 9:00am (meet at the New Rochelle High School pool)

Practices will be from 9:00-11:00am Monday through Friday.

For questions contact: Coach Fierro at kfierro@nredlearn.org

GIRLS' VARSITY and JV TENNIS

Monday, August 20th – 9:00am (meet at the New Rochelle High School's tennis courts)

Practice will be Monday through Friday, 9:00am – 12:00pm.

For questions contact: Coach Sgobbo at msgobbo@nredlearn.org

VARSITY and JV VOLLEYBALL

Monday, August 13th – 12:00pm (meet in the New Rochelle High School gymnasium)

Practices will be from 12:00 – 3:00pm Monday through Friday; Saturday from 9:00 – 11:30am

For questions contact: Coach Dembek at adembek@nredlearn.org or Coach Flaherty at

Meghan.flaherty1@yahoo.com

VARSITY and JV CHEERLEADING

Monday, August 13th – 5:30pm (meet at the New Rochelle High School gymnasium)

Practices will be from 5:30 – 8:30pm Monday through Friday

August 18 – 21 – cheer camp at Trail's End (more information to follow)

There will be summer workouts at Isaac Young Middle School on the following days:

Mondays – tumbling from 6:00-8:30pm

Wednesdays – open gym from 6:00-8:00pm

For questions contact: Coach Trozzi at nrhscheerprogram@gmail.com

GIRLS' CROSS COUNTRY

Monday, August 20th – 5:00pm (meet at the high school)

Practices will be Monday through Friday at 5:00pm.

For questions contact: Coach Capellan at andycap@optonline.net

BOYS' CROSS COUNTRY

Monday, August 20th – 5:00pm (meet at the high school)

Practices will be Monday through Friday at 5:00pm.

For questions contact: Coach Intervallo at joint415@hotmail.com

In order to be ready for the start of the season you must have a completed Sports Physical and have submitted the health form to the High School's Health Office.

If you have any further questions you can contact:

NRHS Health Office (regarding sports physicals and medical forms) – 576-4575

Department of Athletics – 576-4586