

***UPDATED AS OF 8/21**

Fall Sports Team Tryout/Practice Information

***CHEERLEADING**

The cheer program is made up of three teams, Freshman, Junior Varsity and Varsity. Each of the three teams cheer at home and away football games, home basketball games and championship games. All game day attendance is mandatory. Schedules will be given out at the beginning of the season to avoid conflicts. Cheerleading is both a Fall and Winter sport with tryouts for each season. Cheerleaders are athletes and exhibit cheers, stunting, tumbling and dance abilities at games and can be seen practicing diligently throughout the year, including summer months.

CHEER TRYOUTS -

All grades and attendance is mandatory! Freshman and Sophomore students are eligible to participate on Varsity. Please wear white t-shirt, (no tank tops), black shorts, socks and sneakers. Hair **MUST** be pulled back in a high ponytail. **NO JEWELRY!** Nails must be cut short. **NO GUM CHEWING!**

Monday, August 23 in the STUDENT CENTER

3:00 PM ALL GRADES

ALL prospective cheerleaders will learn a cheer and a dance, practice stunting, jumps, and tumbling.

Varsity will begin actual tryouts at 6:15pm on Monday 8/23

Tuesday, August 24 in the STUDENT CENTER

2:00PM-2:45PM - Review what was learned the previous day

3:00PM - Group Tryouts - Four or more exhibiting what they learned the day before.

In preparation for the tryout and potentially making the team, stretching, conditioning and running should be the norm throughout the summer months. The Friar Sports Cheerleading Camp held July 26 - July 29 is a good opportunity to learn St. Anthony's cheers and to prepare for the tryout. It also gives incoming Freshman an opportunity to meet other Freshman and build lasting friendships before the school year begins. **GO FRIARS!!**

Alysse LoPresti, Varsity Head Cheerleading Coach

Please do not hesitate to contact me with any questions or concerns.

Email me at alopresti@stanthonyshs.org.

***FOOTBALL**

→ **JVB (Freshmen) Football** - Monday, August 23rd.

3-6:00PM - Metzger

◆ Please email Coach Schroeder for additional information

bschroeder@stanthonyshs.org

- Please bring cleats, sneakers, and water. Everyone must purchase their own football girdle. St. Anthony's will not distribute football girdles, but we will provide all other equipment.

***BOYS SOCCER**

→ **Try Out Monday 8/23 - 25th.** On Cy Donnelly Field

- ◆ ALL PLAYERS MUST WEAR A WHITE T SHIRT with your name on the back.
- ◆ Equipment required: cleats, running shoes, shin guards, and water.

MONDAY 8/23

→ **VARSITY: Cy Donnelly Field 6:00 -7:30 PM**

→ **JVA: Cy Donnelly Field 3:00 -4:30 PM**

→ **JVB (Freshmen): NO MONDAY TRYOUTS**

- ◆ JVB Tuesday 3:30 -5:00 Cy Donnelly
- ◆ JVB August 26th TBD

***GIRLS SOCCER**

→ **GIRLS SOCCER TRYOUT AS FOLLOWS**

@Cy Donnelly Field

Girls Varsity Soccer	August 23	4:30-6:00 PM
	August 24	10:00-11:30am
	August 25	12:00-1:30pm
Girls Junior Varsity Soccer	August 23	3:00-4:30 PM
	August 24	12:00-1:30pm
	August 25	1:30-3:00pm
Girls Freshmen Soccer	Cancelled for Monday	
	August 24	12:00-1:30pm
	August 25	1:30-3:00pm
	August 26th	TBD

Varsity Head Coach SUE ALBER

For more detailed information I can be reached at salber@stanthonyshs.org

Dear Girls Soccer Candidates:

I am very excited about the upcoming soccer season at St. Anthony's High School. Each year prospective soccer candidates have the opportunity to build upon the history and success of the St. Anthony's High School soccer program. Over the years, our program has featured many of the best soccer players on Long Island and regularly compete for championships. More importantly, our program demands and exudes exemplary character, leadership and citizenship from all members.

In order to give you the best opportunity for selection and membership to the St. Anthony's High School soccer program, I recommend and highlight the following information:

→ **FITNESS STANDARD:**

Competing at the highest level of players requires peak physical fitness capabilities. Each player should commence a formal physical fitness routine. All players will be tested for minimum standards including the 1.5 mile run, 120 yard shuttle test and 300 yard shuttle test.

→ **TRYOUTS INFORMATION:**

Be prepared, Be physical and mentally ready. Be committed to the school program. Be respectful of the school history and reputation and all the players who preceded you. If you are not present for these tryouts, you may not be eligible to participate on a St. Anthony's High School soccer team. WEAR: WHITE SHIRT (with your last name clearly printed on the back).

Please bring a properly inflated soccer ball, shin guards, soccer shoes, running shoes and water.

***GIRLS VOLLEYBALL**

Dear Prospective Volleyball Players:

Hello, my name is Donna Newman and I have been the Varsity Volleyball Coach at St. Anthony's High School for the past 30 years. I would like to welcome you to St. Anthony's and also pass along some important information to help you get ready for the upcoming volleyball tryouts ins August.

TRYOUTS DATES: **MONDAY 8/23**

JV (FRESHMAN ONLY) tryouts will be from 3pm-4:30pm

UPPER GRADES (10th 11th and 12th) will be from 5pm-6:30pm

→ **Tuesday, August 24th**

Freshmen - 12noon-1:30pm

10th, 11th, & 12th 2pm-3:30pm.

- Evaluations will be based on skill level in the areas of passing, serving, hitting, and setting.

All players will be required to run an 8-minute mile.

Standing vertical and jumping vertical will be assessed at tryouts.

- ***Players must wear a white shirt with their last name written on the upper back.***

All players will receive a tryout number on the first day.

View information on the volleyball google classroom. Class code ztb6ogx.

If you have any further questions, please contact Head Coach Newman at dnewman@stanthonyschools.org.

BOYS AND GIRLS FALL CREW

- Varsity and Novice Tryouts will be August 30th - September 3rd 5:00-6:30PM at the school, in the student center.
- If you have questions please email Coach Clary at pclary@stanthonyschools.org

BOYS CROSS COUNTRY

- Monday 8/23 through 8/27 All levels meet at the Sunken Meadow starting line at 4:30pm. Head Coach Tim Dearie can be reached at tdearie@stanthonyschools.org

GIRLS CROSS COUNTRY

- Monday 8/23 through 8/27 All levels meet at the Sunken Meadow starting line at 5:00 pm.

- If you have questions please email Coach St. Aude at ostaude@stanthonys.org

GIRLS SWIMMING

→ TRYOUT INFORMATION

- **Current** Saint Anthony's Girls Swimmers
 - August 31st 6-7 am at Half Hollow Hills West Natatorium
- **NEW** Saint Anthony's Girls Swimmers
 - September 7th 6-7 am at Half Hollow Hills West Natatorium

→ LOCATION FOR SWIM TRYOUTS

Half Hollow Hills Natatorium is .5 mile East of SA on Wolf Hill Road

- ◆ Practice: Every Tues. and Thurs. mornings from 6-7 am at Half Hollow Hills Natatorium (our "home" pool). The swimmers are then bused to St. Anthony's for school.
- ◆ Meets: Our season consists of approx. 7-8 dual meets vs. other Catholic Schools in the NSCHSGAA League. Our "home" meets are held on Sat. evenings.
Champs: is a two day Trial/Final pre-seeded meet. It is mandatory to attend this meet whether you are swimming in the meet or not. For more info on Champs: please see the article in the "Coaches Corner" of our website.
www.FriarSwimming.com
- ◆ States: Qualifying times are posted on our web site. Please click on the "cut times" button. States this year will be held at Ithaca College.
- ◆ Web Site: Our team website is: www.FriarSwimming.com
- ◆ General Info: We are one Varsity team consisting of all grades 9-12.

GIRLS TENNIS

→ Tryouts Thursday 8/26 through Friday 8/27 from 3pm to 7pm at the Bethpage Park Tennis Center

2021 Fall Sports Medical Clearance Information

In order to be cleared for a Fall Sport you MUST:

- Be enrolled in Student Central (planeths.com)
- Have an approved up to date physical.
- A link to enroll on Student Central will be available on the St. Anthony's website on Aug 1, 2021

2021 Nurses Hours Fall Sports Clearance

- August 23rd 8:00 am -2:00 pm
- August 24th 8:00 am -12:00 pm