

JV & VARSITY SUMMER OPEN WORK OUT SCHEDULE AND FALL 2019 SPORTS 1st PRACTICE & TRYOUT - DATES & TIMES

WEIGHT TRAINING INTRAMURALS

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

FOOTBALL

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CROSS COUNTRY BOYS COACH RALPH TUBELLO

Open Workouts: Tuesday and Thursday beginning July 9th, 6:00 pm 7:30 pm

First practice & tryout date: August 26, 2019 @ MS Track

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

CROSS COUNTRY GIRLS COACH JOHN REYNOLDS

First practice & tryout dates: Monday, August 26, 2019 on the middle school track

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

FIELD HOCKEY VARSITY COACH CHRISTOPHER VEIT

First practice & tryout date: Monday, August 26, 2019, @ 7:00 am, Tuesday, August 27th and Wednesday August 28th @ 6:00 am to 8:00 am at the MS track with sneakers

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

FIELD HOCKEY JUNIOR VARSITY COACH CHAD SPRUYT

First practice & tryout date: Monday, August 26, 2019, @ 7:00 am, Tuesday, August 27th and Wednesday August 28th @ 6:00 am to 8:00 am at the MS track with sneakers

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

GOLF BOYS COACH CHRISTOPHER ROBERTSON

Mandatory Golf Meeting at the EIHS lobby on 6/10/19 after school

Tryout dates: June 18th 3:00 pm 4:30 pm TPCC range/putting green

June 19th 3:00 pm 4:30 pm - TPCC range/putting green

June 20th 3 pm 7 pm - Golf course for students that show good skills on the range/putting green 3:00 pm 7:00 pm

Rain Date: June 24th @ 3:00 pm Timber Point Driving Range

First practice date: Wednesday, August 28, 2019

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

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GYMNASTICS COACH DENNIS JONES

***First practice & tryout date: Monday, August 26th @ 8:00 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 26, 2019 7:00 am - 10 am

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

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VOLLEYBALL

June 3rd & June 20th & O qpf c{øu, Vwguf c{øu'("Vj wtuf c{ø, 2:45 pm & 4:45 pm in the **HS Gym**
Monday, August 19, 2019 & Friday, August 23, 2019 & 7:30 am & 9:00 am at the **MS Auxiliary gym**

***TBD** Monday, August 19, 2019 & Friday, August 23, 2019 - 5:00 pm & 7:00 pm at the **MS Auxiliary gym**

Monday, August 26, 2019 & 7:00 am & 8:30 am & 5:00 pm & 7:00 pm
Tuesday, August 27, 2019 & 8:30 am & 10:00 am & 7:00 pm & 9:00 pm
Wednesday, August 28, 2109 & 7:00 am & 8:30 am & **5:00 pm** & 7:00 pm

**** TRYOUTS WILL BE HELD AT THE HS GYM****

You must attend both AM and PM tryout sessions.

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SWIMMING VARSITY GIRLS (COMBINED TEAM WITH CONNETQUOT SD)
COACH - ALEX SCICHLONE

*First practice & tryouts are **Monday***

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EMIL STEWART

First practice and tryouts are Monday, August 26, 2019

Practice & tryout times held @ the HS - 7 am to 10 am

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

SPORTS CANDIDATES QUESTIONNAIRE/CONSENT FORM FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS, also referred to as

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.