



# JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

<u>SPORT</u>	<u>COACH</u>	<u>EMAIL</u>	<u>START DATE AND TIME</u>	<u>LOCATION</u>
<b>Baseball</b>	Mike Gattus Varsity & JV	<a href="mailto:mgattus@bmchsd.org">mgattus@bmchsd.org</a>	Monday, March 14, 2022 @ 2:45 PM- (depending on weather)	Baseball Field
<b>Softball</b>	Krista Thorn	<a href="mailto:coachkt12@hotmail.com">coachkt12@hotmail.com</a>	Monday, March 14, 2022 @ 2:45 PM	Softball Field
<b>Boys Lacrosse</b>	Craig Papach Varsity & JV	<a href="mailto:cpapach@bellmore-merrick.k12.ny.us">cpapach@bellmore-merrick.k12.ny.us</a>	Monday, March 14, 2022 @ 2:45 PM	Turf Field
<b>Girls Lacrosse</b>	<u>Varsity</u> Mallory Freely	<a href="mailto:mfreely@bmchsd.org">mfreely@bmchsd.org</a>	Monday, March 14, 2022 @ 2:45 PM	Turf Field
	<u>JV Coach</u> Samantha Esposito	<a href="mailto:sesposito@bmchsd.org">sesposito@bmchsd.org</a>	Monday, March 14, 2022 @ 2:30 PM	Turf Field
<b>Boys Track</b>	Chris Baker	<a href="mailto:fbcoachb25@gmail.com">fbcoachb25@gmail.com</a>	Monday, March 14, 2022 @ 3:15 PM	Track/Bleachers near the press box.
<b>Girls Track</b>	Chris Mammone	<a href="mailto:moner2000@aol.com">moner2000@aol.com</a>	Monday, March 14, 2022 @ 3:30 PM	Track
	Christine DeFilippo	<a href="mailto:cdefilippo@bmchsd.org">cdefilippo@bmchsd.org</a>		

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<b>Boys Tennis</b>	Ari Bisk	<a href="mailto:aribisk@gmail.com">aribisk@gmail.com</a>	Monday, March 21, 2022 @ 3:30 – 5:00 PM	Tennis Courts. If is raining, we will meet in the gym lobby.
<b>Boys Golf</b>	Russ Lella	<a href="mailto:rlella@bmchsd.org">rlella@bmchsd.org</a>	Monday, March 21, 2022 @ 3:15 – 7:00 PM	Bus leaves from gym foyer. Schedule is on Rank One.
<b>Girls Golf</b>	Helmut Schleith	<a href="mailto:hschleith@bellmore-merrick.k12.ny.us">hschleith@bellmore-merrick.k12.ny.us</a>	Monday, March 21, 2022 @3:30 PM	Meet in gym foyer for bus to Merrick Golf Course.
<b>Girls Badminton</b>	Jon Dell'Olio  Frank Sansanelli	<a href="mailto:jdellolio@bellmore-merrick.k12.ny.us">jdellolio@bellmore-merrick.k12.ny.us</a>  <a href="mailto:fsansanelli@bellmore-merrick.k12.ny.us">fsansanelli@bellmore-merrick.k12.ny.us</a>	Monday, March 21, 2022 @ 2:30 PM	Gymnasium

### **Important!**

**Four forms** must be completed on the **Rank One** (<https://rankonesport.com/content/>) site (which opened on February 19<sup>th</sup> and closes March 8<sup>th</sup>) prior to participating or trying out for a team. These are:

1. Health History Form completed and signed by parent and student—this form cannot be completed more than 30 days prior to the start of tryouts as per NYS regulations.
2. Emergency Contact Form
3. Policies and Procedures for the Management of Head Injuries (Concussion Protocol)
4. Code of Conduct

**ALSO REQUIRED:** Current physical (an exam that has been completed within the last calendar year) and if your athlete needs to carry an emergent medication such as an Epi-pen or inhaler, a self-carry medication form is also required before the student can be cleared to play.