



# CALHOUN ATHLETICS

| Coach          | Email Contact                        | Sport               | LVL            | Start Date | Time        | Location                  | Special Instructions   |
|----------------|--------------------------------------|---------------------|----------------|------------|-------------|---------------------------|--|
| Chris Vogel    | cvogel@bmchsd.org                    | Soccer              | Varsity        | 8/28/2023  | 9:00:00 AM  | Brookside                 | Bring water, cleats and sneakers   |
| Eric Stewart   | Stewarteric404@gmail.com             | Soccer              | Junior Varsity | 8/28/2023  | 9:00:00 AM  | Brookside                 | N/A  |
| Dan Ortiz      | Dortiz@bellmore-merrick.k12.ny.us    | Football            | Junior Varsity | 8/19/2023  | 7:00:00 AM  | Calhoun Football Field    | N/A  |
| Ryan Pastuch   | rpastuch@bellmore-merrick.k12.ny.us  | Boys Volleyball     | Varsity        | 8/28/2023  | 8:30:00 AM  | Calhoun Gym               | Text 81010 @hounboysvb to join the Remind or follow us on Instagram @calhoun_volleyball  |
| DePuy          | ddepuy@bellmore-merrick.k12.ny.us    | Girls Soccer        | Junior Varsity | 8/28/2023  | 7:00:00 AM  | Merrick Ave Middle School | Bring sneakers and cleats. Bring lots of water!  |
|                |                                      |                     |                |            |             |                           | <p>Please complete all forms for Rank one.</p> <p>All preseason week (8/28-9/1)practices will be held at MAMS.<br/> Monday thru Wednesday will have double sessions (except for freshmen who will have orientation one of those days). Bring running shoes and cleats to every session.<br/> Monday 7am (Cooper Run) and 3 pm.<br/> Tuesday 7am and 11am.<br/> Wednesday 7am and 3pm.<br/> Cuts Wednesday night.<br/> Thursday 3pm.<br/> Friday 7am.</p> |
| Jason Elias    | Jelias@bmchsd.org                    | Soccer              | Varsity        | 8/28/2023  | 7:00:00 AM  | MAMS                      |  |
| Michael Pisano | mpisano@bmchsd.org                   | Boys Volleyball     | Junior Varsity | 8/28/2023  | 8:30:00 AM  | Calhoun High School       | N/A  |
| Eddie Martinez | emartinez@bellmore-merrick.k12.ny.us | JV Girls Volleyball | Junior Varsity | 8/28/2023  | 11:00:00 AM | Calhoun Gym               | Be sure to bring water bottle and knee pads for tryouts.   |

|                              |   |                            |                       |                  |                                    |  |  |
|------------------------------|---|----------------------------|-----------------------|------------------|------------------------------------|--|--|
| <b>Michael Miller</b>        | mamillerny@gmail.com                        | <b>Girls Swimming</b>      | <b>Varsity</b>        | <b>8/28/2023</b> | <b>7:00-9:00am</b>                 | <b>Freeport Rec Center</b>             |  |
| <b>David Hendler</b>         | dhendler@bellmore-merrick.k12.ny.us         | <b>Boys Cross Country</b>  | <b>Varsity</b>        | <b>8/28/2023</b> | <b>8:00 AM</b>                     | <b>Calhoun Gym</b>                     | <b>Bring water</b>   |
| <b>Keri Cinelli</b>          | kcinelli@bellmore-merrick.k12.ny.us         | <b>Girls Tennis</b>        | <b>Varsity</b>        | <b>8/28</b>      | <b>8:00am</b>                      | <b>Tennis Courts</b>                   | <b>Bring water, racket, proper shoes.</b><br><br><b>Varsity try-outs are for last year varsity players and all rising 11<sup>th</sup> &amp; 12<sup>th</sup> grade students</b> |
| <b>James Demsky</b>          | jdemsky@bellmore-merrick.k12.ny.us          | <b>Girls Tennis</b>        | <b>Junior Varsity</b> | <b>8/28</b>      | <b>9:00am</b>                      | <b>Tennis Courts</b>                   | <b>Bring water, racket, proper shoes.</b><br><br><b>Junior Varsity try-outs are for all 9<sup>th</sup> &amp; 10<sup>th</sup> grade students</b>                                |
| <b>Cheryl Scalise</b>        | xcelvbc@aol.com                             | <b>Girls Volleyball</b>    | <b>Varsity</b>        | <b>8/28-9/1</b>  | <b>11am-1pm</b><br><b>3 – 5 pm</b> | <b>Calhoun Gym</b>                     |  |
| <b><u>Kristin Frazer</u></b> | <b><u>section8wintertrack@gmail.com</u></b> | <b>Girls Cross Country</b> | <b>Varsity</b>        | <b>8/28</b>      | <b>8:00 am</b>                     | <b>Small Bleaches/Visitor sideline</b> | <b>Text 81010 and enter @calxc23 to join our Remind group. Bring water</b>   |