



# JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

**Football Begins August 20<sup>th</sup>**  
**All other Sports EXCEPT Badminton begin August 27<sup>th</sup>**  
**Badminton begins September 4<sup>th</sup>**

<u>SPORT</u>	<u>COACH</u>	<u>EMAIL</u>	<u>SUMMER WORKOUTS</u>	<u>START DATE AND LOCATION</u>
<b>Football</b>	John McGuire	<a href="mailto:bjfkfootball@gmail.com">bjfkfootball@gmail.com</a>  Website— kennedyfootball.org  Remind—text @kennedyfb to the number 81010 Download Remind App to get all the up to date summer information	Please visit: Kennedyfootball.Org Sign up at <a href="http://rankonesport.com">rankonesport.com</a>	Practice officially begins on Monday, August 20 @ 7:45-12:00 All players should bring cleats, sneakers, 2-tshirts and shorts. Water is provided but we recommend each player brings their own jug of water or Gatorade. It is also recommended you bring a "light" snack such as a piece of fruit or a protein bar.
<b>Girls Volleyball</b>	Kate Sheehan	<a href="mailto:ksheehan@bellmore-merrick.k12.ny.us">ksheehan@bellmore-merrick.k12.ny.us</a>	Please check Rankonesport.com for Girls VB camp information	August 27: Tryouts will be 8:AM to 10:AM AND 2:PM to 4:PM for both V and JV Main Gym
<b>Cross Country</b>	Boys-- Chris Baker,  Girls--Chris Mammone	Boys team <a href="mailto:Fbcoachb25@gmail.com">Fbcoachb25@gmail.com</a> Chris Baker  Girls team <a href="mailto:Moner2000@aol.com">Moner2000@aol.com</a> Chris Mammone	Contact Coach re: summer training; All interested CC candidates should be running as much as possible over the summer.	August 27: 9:00 -Track.
<b>Kickline</b>	Lois Schiavetta	<a href="mailto:lschiavetta@bellmore-merrick.k12.ny.us">lschiavetta@bellmore-merrick.k12.ny.us</a>	Team tryouts were held in early June	Tuesday August 27 and Wednesday August 28 <sup>th</sup> 10:00-12:00
<b>Boys Volleyball</b>	Dennis Ringel	<a href="mailto:kennedyvolleyball@gmail.com">kennedyvolleyball@gmail.com</a>  Bring plenty of water (no AC in gyma) Knee Pads	JFK Boys Volleyball Preseason Camp (1 camp all dates): Aug 20-23 6:30-8:30PM	August 27 <sup>th</sup> 2 sessions: 10:00 -12:00 4:00 -6:00 August 28 <sup>th</sup> 2 sessions 8:00 - 10:00 2:00-4:00  <a href="http://www.belljfk.weebly.com">www.belljfk.weebly.com</a> for details

<b>Girls Swim</b>	Bob Kaefer	<a href="mailto:bkaefer@bellmore-merrick.k12.ny.us">bkaefer@bellmore-merrick.k12.ny.us</a>	Swimming a "District Team"	<u>8/27, 8/28, 8/31</u> 7- 9:00am <u>8/29, 8/30</u> 6:15-8:00 am <u>9/1-7-9am</u> All Freeport Rec
<b>Boys Soccer</b>	Ari Bisk	<a href="mailto:aribisk@gmail.com">aribisk@gmail.com</a>  *Tryouts will be completed after the FIRST session Thursday Morning	See Rank one	<u>8/27, 8/28, 8/29</u> Double Session 8:AM-10:30AM 2:PM-4:30PM <u>8/30</u> Double Session 8:AM -10:30 Am 12:00-2:30 PM
<b>Girls Soccer</b>	Roland Clark	Coach Clark: <a href="mailto:rclark@bellmore-merrick.k12.ny.us">rclark@bellmore-merrick.k12.ny.us</a>		<u>Monday 8/27</u> Double Session 8:00 AM-10:30; 11 AM- 12:30 PM <u>Tuesday 8/28</u> 8:00-11:30 am <u>Wednesday 8/29</u> 3:00-5:00 pm <u>Thursday 8/30</u> 6:00-8:00 pm <u>Friday 8/31</u> 7:30-10:00 am <u>Saturday 9/1</u> 8:00-10:30 am <u>Sunday 9/2</u> Rain day if needed
<b>Girls Tennis</b>	Brian DeGaetano	<a href="mailto:bdegaetano@bellmore-merrick.k12.ny.us">bdegaetano@bellmore-merrick.k12.ny.us</a> Please drop off or park in the parking lot south of the school on Bellmore Ave		August 27. JFK Tennis courts. 8AM.
<b>Cheering</b>	Varsity Linda Leonardo JV Jessica Paprocki	<a href="mailto:lindarleonaldo@gmail.com">lindarleonaldo@gmail.com</a>  <a href="mailto:jfkcheer@yahoo.com">jfkcheer@yahoo.com</a>	Open Gym: 8/20-8/24 At JFK 10:AM to 12:30PM	8/20 -8/24: Open Gym  8/27: Tryouts 10 am Location: JFK High School-Field

**Five forms need to be filled out and completed in order to try-out for any sport.  
Please submit them online @ [Rankonesport.com](http://Rankonesport.com)  
1- Physical Examination Form, 2-Emergency Contact Information Form,**

**3-Health History Form (signed only 30 days prior to start date), 4-Concussion Management Forms, 5-Code of Conduct Form**

**\* If needed, the school doctor is available at Kennedy High School on Wednesday, August 22<sup>nd</sup> 11:45 am, to provide Physical Examinations for all sports.**

**\* If seeing the school doctor, you must also fill out Authorization to be examined by school doctor form on RankOne**