



JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

Football Begins August 20th
All other Sports EXCEPT Badminton begin August 27th
Badminton begins September 4th

<u>SPORT</u>	<u>COACH</u>	<u>EMAIL</u>	<u>SUMMER WORKOUTS</u>	<u>START DATE AND LOCATION</u>
Football	John McGuire	bjfkfootball@gmail.com 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 rankonesport.com	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.
Girls Volleyball	Kate Sheehan	ksheehan@bellmore-merrick.k12.ny.us	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
Cross Country	Boys--Chris Baker, Girls--Chris Mammone	Boys team Fbcoachb25@gmail.com Chris Baker Girls team Moner2000@aol.com 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.
Kickline	Lois Schiavetta	lschiavetta@bellmore-merrick.k12.ny.us	Team tryouts were held in early June	Tuesday August 27 and Wednesday August 28 th 10:00-12:00
Boys Volleyball	Dennis Ringel	kennedyvolleyball@gmail.com 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 th 2 sessions: 10:00 -12:00 4:00 -6:00 August 28 th 2 sessions 8:00 - 10:00 2:00-4:00 www.belljfk.weebly.com for details

Girls Swim	Bob Kaefer	bkaefer@bellmore-merrick.k12.ny.us	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
Boys Soccer	Ari Bisk	aribisk@gmail.com *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
Girls Soccer	Roland Clark	Coach Clark: rclark@bellmore-merrick.k12.ny.us		<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
Girls Tennis	Brian DeGaetano	bdegaetano@bellmore-merrick.k12.ny.us Please drop off or park in the parking lot south of the school on Bellmore Ave		August 27. JFK Tennis courts. 8AM.
Cheering	Varsity Linda Leonardo JV Jessica Paprocki	lindarleonaldo@gmail.com jfkcheer@yahoo.com	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
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 22nd 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**