



JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

<u>SPORT</u>	<u>COACH</u>	<u>EMAIL</u>	<u>SUMMER WORKOUTS</u>	<u>START DATE AND LOCATION</u>
Football	John McGuire	E-mail: Bellmorejfkfootball@gmail.com Website: kennedyfootball.org Remind: text @kennedyfb to the number 81010 Download Remind App to get all the up to date summer information		Practice officially begins on Monday, August 22 at 7:30 AM
Girls Volleyball	Mikayla Porr	mporr625@gmail.com		Monday, 8/29 7:00 am- 9:00 am Both JV and Varsity in the Gym at JFK
Cross Country	Boys: Cici Hirsch Girls: Chris Mammone	Boys team: Cici_litf@yahoo.com Cici Hirsch Girls team: Moner2000@aol.com Chris Mammone	Contact coach regarding summer training. All interested CC candidates should be running as much as possible over the summer.	First practice will be August 29th at 9:15 AM: Location: Meet at the bleachers outside by the press box. Athletes should come prepared to run with proper sneakers and water.
Kickline	Stephanie Roth	sroth@bellmore-merrick.k12.ny.us	Team tryouts were held in June.	Coach will contact team regarding first practice to be held in late August.
Boys Volleyball	Melissa Schickler	mschickler@bmchsd.org		Monday, August 29: 1:00 - 3:00 PM Following Freshman Orientation Location: Gym
Boys Badminton	Jon Dell'Olio	jdellolio@bellmore-merrick.k12.ny.us		Boys' badminton will meet on the first day of school, September 1 in the small gym @2:45pm.

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Boys Soccer	Ari Bisk	aribisk@gmail.com	Boys Soccer - Summer Workouts are the week of August 22nd (Monday - Thursday 4:00-6:00 PM)	8/29 & 8/30- two sessions each day: 7:30 - 9:30 AM & 1:30 - 3:30 PM
Girls Soccer	Varsity Christine DeFilippo Varsity Asst Coach Helmut Schleith JV Coach Sam Esposito	cdefilippo@bellmore-merrick.k12.ny.us hschleith@bellmore-merrick.k12.ny.us sesposito@bellmore-merrick.k12.ny.us		<u>JV & Varsity</u> Mon. 8/29: 7:30 – 10 AM; 5:00- 7:00 PM Kennedy Turf Parent Meeting: 7:00 PM Tue. 8/30: 2:30 - 5:00 PM Wed. 8/31: 2:30 - 5:00 PM Thu. 9/1: 2:30 - 5:00 PM Fri. 9/2: 7:30 - 10:00 AM; 5:00 – 7:00 PM Sat. 9/3: 7:30 -10:00 AM
Girls Tennis	Brian DeGaetano	bdegaetano@bellmore-merrick.k12.ny.us		August 29 at 8:00 AM - JFK Tennis courts Be dressed and ready to go!
Cheerleading	Varsity Linda Leonardo JV Courtney Waller	LLeonardo@bmchsd.org cwaller@bellmore-merrick.k12.ny.us	Summer Workouts: All open gyms will take place at Kennedy HS – Location TBD: 8/24, 8/25, and 8/26: 3:00-5:00 PM	Tryout Clinics will be: 8/29 after freshman orientation. Join Google classroom for more updates: Class code: krtvk2x

Important!

Four forms must be completed on the **Rank One** site (which opens on August 10th) 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.