



# JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

<b>SPORT</b>	<b>COACH</b>	<b>EMAIL</b>	<b>SUMMER WORKOUTS</b>	<b>START DATE AND LOCATION</b>
<b>Football</b>	John McGuire	E-mail: <a href="mailto:Bellmorejfkfootball@gmail.com">Bellmorejfkfootball@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> Training begins June 28—8:00 AM at JFK	Practice officially begins on Monday, August 23 at 7:30 AM
<b>Girls Volleyball</b>	Katie D'Amico	<a href="mailto:ksheehan@bmchsd.org">ksheehan@bmchsd.org</a>	Contact coach for summer workout information.	Monday 8/30 4:30-6:30pm Both JV and Varsity in the Gym at JFK
<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 regarding summer training. All interested CC candidates should be running as much as possible over the summer.	First practice will be August 30th at 3:15 PM: Location: Meet at the bleachers outside by the press box. Athletes should come prepared to run with proper sneakers and water.
<b>Kickline</b>	Stephanie Roth	<a href="mailto:sroth@bellmore-merrick.k12.ny.us">sroth@bellmore-merrick.k12.ny.us</a>	Team tryouts were held in June.	Coach will contact team regarding first practice to be held in late August.
<b>Boys Volleyball</b>	Melissa Schickler	<a href="mailto:mschickler@bmchsd.org">mschickler@bmchsd.org</a>	August 2-5: 4:00 - 6:00 PM Location: Gym	August 30: 2:30 - 4:30 PM Location: Gym
<b>Boys Badminton</b>	Jon Dell'Olio	<a href="mailto:jdellolio@bellmore-merrick.k12.ny.us">jdellolio@bellmore-merrick.k12.ny.us</a>		Boys' badminton will meet on the first day of school, September 1 in the gym.

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<b>Boys Soccer</b>	Ari Bisk	<a href="mailto:aribisk@gmail.com">aribisk@gmail.com</a>	Boys Soccer - Summer Workouts are Monday nights in July 4:00-6:00 PM and the week of August 23 <sup>rd</sup> (Monday - Thursday 3:00-5:00 PM)	8/30 & 8/31- two sessions each day: 7:30 - 9:30 AM & 3:45 - 5:45 PM
<b>Girls Soccer</b>	Varsity Christine DeFilippo  Varsity Asst Coach Helmut Schleith  JV Coach Sam Esposito	<a href="mailto:cdefilippo@bellmore-merrick.k12.ny.us">cdefilippo@bellmore-merrick.k12.ny.us</a>  <a href="mailto:hschleith@bellmore-merrick.k12.ny.us">hschleith@bellmore-merrick.k12.ny.us</a>  <a href="mailto:sesposito@bellmore-merrick.k12.ny.us">sesposito@bellmore-merrick.k12.ny.us</a>		Mon. 8/30: 2:30-5:00 PM; Parent Mtg:5:15 PM Tue. 8/31: 2:30 - 5:00 PM Wed. 9/1: 2:30 - 5:00 PM Thu. 9/2: 2:30 - 5:00 PM Fri. 9/3: 8:00 - 10:00 AM Sat. 9/4: 8:00 -10:00 AM  Sun. 9/5: OFF  Mon. 9/6: Non-League game at Farmingdale 10 AM
<b>Girls Tennis</b>	Brian DeGaetano	<a href="mailto:bdegaetano@bellmore-merrick.k12.ny.us">bdegaetano@bellmore-merrick.k12.ny.us</a>		August 30 at 8:00 AM - JFK Tennis courts Be dressed and ready to go!
<b>Cheerleading</b>	Varsity Linda Leonardo  JV Courtney Waller	<a href="mailto:LLeonardo@bellmore-merrick.k12.ny.us">LLeonardo@bellmore-merrick.k12.ny.us</a>  <a href="mailto:cwaller@bellmore-merrick.k12.ny.us">cwaller@bellmore-merrick.k12.ny.us</a>	Summer Workouts:  All open gyms will take place at Kennedy HS outside on the field: 7/19, 8/2, and 8/16: 5:00-7:00 PM	Tryout Clinics will be: 8/26 & 8/27 from 3:00-5:00 PM.  Tryouts will be on: 8/30. Time is TBD.  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.