



JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

<u>SPORT</u>	<u>COACH</u>	<u>EMAIL</u>	<u>START DATE AND LOCATION</u>	<u>SPECIAL INSTUCTIONS</u>
Boys' Basketball	Rory Block	Coachblockhoops@yahoo.com	11/14/2022 3:45 PM Gymnasium	Boys Varsity Basketball Tryouts begin sharply at 3:45 Monday, November 14, 2022. Be ready to Go!
	Andrew Celaruo	atcelauro@gmail.com		
	JV: Mike Gattus	mgattus@bellmore-merrick.k12.ny.us	11/14/2022 2:45 PM Gym	----- JV Tryouts for first 3 days: Mon. 11/14 2:45 start Tue. 11/15 6PMstart Wed. 11/16 6PM Start
Girls' Basketball	Mallory Freely	mfreely@bmchsd.org	11/14/2022 5:30 PM Gymnasium	Please bring water, and wear appropriate sneaker, no jewelry!
	Ryan Pastuch	rpastuch@bellmore-merrick.k12.ny.us		
	JV: Nicolina Torchia	Ntorchia99@gmail.com		
Cheerleading	Linda Leonardo	lleonardo@bmchsd.org	11/14/2022 3:00 PM Start in GI Room. Move to AUX Gym at 5:15pm	Please be dressed to participate. Absolutely NO JEWELERY. Tryout material posted on Google Classroom
	JV: Courtney Waller	cwaller@bellmore-merrick.k12.ny.us		
Boys' Track	Cici Hirsch	Cicihirsch13@gmail.com	11/14/2022 3:15 PM @ the Track	Meet at the track dressed to run
Girls' Track	Chris Mammone	Moner2000@aol.com	11/14/2022 3:30 PM @ the Track	Have proper clothes for the weather conditions
Wrestling	Brian DeGaetano	Bdegaetano@bmchsd.org	11/14/2022 2:40 PM Wrestling Room	Bring a good attitude
	JV: Daniel Arkow	Danarkow174@gmail.com	----- 2:45 PM Wrestling Room	----- Walk On

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Rifle	Phil Schrawtwieser	pschrawtwieser@bellmore-merrick.k12.ny.us	11/16/2022 3:30 PM Kennedy Bus Pickup	Bus will pick up students at the late bus pick up location. We will go to the Mitchell Field gun range for the tryouts. We will return in approximately two hours. Bus will drop off students at Calhoun first. Then Mephram. Then Kennedy.
Boys' Bowling	Joseph Bianca	Jbianca@bellmore-merrick.k12.ny.us	11/14/2022 3:00 PM East Meadow	Get Cleared on Rank One
Girls' Bowling	Keri Cinelli	Kcinelli@bellmore-merrick.k12.ny.us	11/14/2022 2:30 PM Wantagh Lanes	Bus will pick up bowlers at JFK first then head to other schools before going to lanes.
Boys' Swimming	Robert Kaefer	coach_kaefer@hotmail.com	11/14/2022 3:30 PM Goodwill Center Eisenhower Park	Athletes must email the coach prior to tryouts.

Important!

Four forms must be completed on the **Rank One site (which opens on August 8th)** 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.