



Dear Parents/Guardians/Student Athletes,

As we look ahead and prepare for the start of the 2018 fall sport season, I ask that you carefully read the information below which outlines the start dates and times as well as some medical information that is needed to be eligible to participate in the fall. If you have any questions or concerns please contact the coach directly. You will find the coaches' email beneath the start time/site. You can also contact me with any questions at jcorso@stdoms.org

Enjoy your summer,

John Corso

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Director of Athletics

516-922-4888 x5454

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| August 14th | FOOTBALL (equipment distribution)
HEAD COACH: ROBERT PLOTH | 5:00pm-7:30pm St Dom's Fields
Robertplothbayhawksfootball@gmail.com |
| August 16th | FOOTBALL (first practice)
Shorts/tee shirt/cleats /water /lunch | 9:00-12:00pm & 1:30-4:00pm St Dom's Fields
Robertplothbayhawksfootball@gmail.com |
| August 20th | BOY'S SOCCER
HEAD COACH: JAMES SPAMPINATO
Shorts/tee shirt, cleats, water bottle, shin guards | 8:00am-11:00am St. Dom's Fields
jimspampinato@gmail.com |
| August 20th | GIRL'S SOCCER (ALL LEVELS)
HEAD COACH: STEPHANIE FALZARANO
Shorts/tee shirt, cleats, water bottle | 8:00am-11:00am St. Dom's Fields
sfalzarano03@yahoo.com |
| August 27th | BOY'S & GIRL'S CROSS COUNTRY
HEAD COACH: BOB MITTLEMAN
Running shoes, shorts/tee shirt, water | 6:00pm Syosset High School
bob@runbobrun.net |
| August 20th | GIRL'S VOLLEYBALL (ALL LEVELS)
HEAD COACH: MICHELE KUROWSKI
Shorts/tee shirt/ water bottle/ sneakers / knee pads | TBA Sports Center
mkurowski@stdomsob.org |
| August 21th | GIRL'S TENNIS
HEAD COACH: ELIZABETH KING
Tennis racquet, tennis sneakers, shorts/tee shirt, water bottle | 8:00am -10:00am St Dom's Fields
eking7485@stdomsob.org |



August 20th **GIRL'S SWIMMING**
HEAD COACH: CAITLIN MEONI
Meeting only

10:30am Sports Center
ltownswimming@gmail.com

August 20th **CHEERLEADING**
HEAD COACH: BRITTANY STEWART
Tee shirts/shorts/sneakers and water bottle

11am-1pm High School Sports Center
bstewart@stdoms.org

MEDICAL INFORMATION:

St. Dominic requires clearance from the nurse for each student athlete in order to be eligible to try-out for any team. Clearance is required prior to student's participation in trying out for any sport. The following is required in order for a student to be cleared by the nurse:

A current physical (less than one year)

A sports health update form for any physical which is older than 30 days.

Forms can be downloaded from the schools web site at <http://hs.stdoms.org>. Physical form must be completed by your child's physician and the sports health update form needs to be completed by a parent.

Students must be present along with parents in order for the nurse to clear them for sports participation.

August 10th - 9:00 am to 12pm

August 15th - 4:30 pm to 7:30 pm

August 22th - 7:30 am to 9:00 am

Any questions or concerns regarding sports clearances, please contact the health office directly at extension 5166.