



## Fall 2018 Sports Tryouts

**Football:** Conditioning begins Monday July 9<sup>th</sup> at 7am on the turf field for those interested and will run Monday, Wednesday and Friday's until August 10<sup>th</sup>.

*Practice Officially starts August 13<sup>th</sup> – 2:30p.m.. Meet in the football locker room.*

Head Coach Contact: Steve George - [sgeorge@seymourschools.org](mailto:sgeorge@seymourschools.org)

**Volleyball:** Conditioning begins Tuesday August 13<sup>th</sup> at 8:30 am in the gymnasium for those interested and will run Tuesday, Wednesday and Thursday's until Wednesday August 22<sup>nd</sup>.

*Practice officially starts Thursday August 23<sup>rd</sup> & Friday 24<sup>th</sup> 3 to 6 and August 26<sup>th</sup> Freshman and first year players 8am – 9:30 and returning players 9:45 to Noon. Meet in the gym.*

Head Coach Contact: Cathy Federowicz [cfederowicz@seymourschools.org](mailto:cfederowicz@seymourschools.org)

**Boys Soccer:** Conditioning begins Monday August 13<sup>th</sup> at 5pm on the turf field for those interested until Wednesday August 22<sup>nd</sup>.

*Practice officially starts Thursday August 23<sup>rd</sup> – 6am to 7am and 3:00pm to 5:00pm. Meet on the turf field*

Head Coach Contact: Joe Perrucci - [jperrucci@seymourschools.org](mailto:jperrucci@seymourschools.org)

**Girls Soccer:** Conditioning begins Monday August 13<sup>th</sup> at 5pm on the turf field for those interested until Wednesday August 22<sup>nd</sup>.

*Practice officially starts Thursday August 23<sup>rd</sup> – 6am to 7am and 3:00pm to 5:00pm. Meet on the turf field*

Head Coach Contact: Joe Perrucci - [jperrucci@seymourschools.org](mailto:jperrucci@seymourschools.org)

**Girls Swimming:** August 23<sup>th</sup> – 8:00am to 10:30am; August 24<sup>th</sup> 8:00am to 10:30am; and August 25<sup>th</sup> 8:00am to 10:30am

Head Coach Contact: Patrick DiCaprio – [pdicaprio@seymourschools.org](mailto:pdicaprio@seymourschools.org)

**Cross Country:** August 23<sup>rd</sup> 3:00 – Meet by the softball field

Head Coach Contact: Paul O'Connor – [poconnor@seymourschools.org](mailto:poconnor@seymourschools.org)