



Dear Class of 2022,

Welcome to St. Francis Prep! You are about to begin the best 4 years of your life!!!... High School should be an enjoyable and challenging experience. I write to you to give you some detailed information regarding Interscholastic Sports at Prep. ALL FALL TRYOUTS THAT BEGIN IN AUGUST WILL LAST FOR SEVERAL DAYS. Please try to arrange your availability accordingly. This notice will also be posted on our webpage, [www.sfponline.org](http://www.sfponline.org). Please go to our **athletics webpage** and scroll through the sports you are interested in for information. The sports pages will be updated periodically.

There are 2 important prerequisites for sports tryouts located on the sports webpage **sports resources**:

1. The **google form for CLASS of 2022 Incoming 9th graders: is located on the sports webpage resources.** **Please complete this** if you wish to try out for a sport.
2. The **sport medical exam form: is located on the sports webpage resources, download and print this form**. The physical for all sports must be done on or after JUNE 1<sup>st</sup>, 2018. If you have visited a doctor for a physical before JUNE 1<sup>st</sup>, it will not be accepted for sports tryouts. If you intend on trying out for any sport, please return the form completed and signed to the Nurse by AUGUST 1st. The nurses' office is open for sport physicals to be dropped off all of July. Return the form completed and signed by you, your doctor, parent or guardian. Circle the sports you want to try out for on the form. All student athletes must be cleared by the nurse in order to be eligible for any and all tryouts. Fill out the form completely to avoid delays.

We offer 2 opportunities for sports physicals: Bring the **sport medical exam form with you!!**

1. Free Sports Physicals!!! No Co-Pay!!! By New York-Presbyterian Queens Sports Orthopedic Medical Group. They provide excellent care to the Queens community and beyond. We hope that we can have a successful day and build on this year for the following years. All of this information is on our website.

DATES and TIMES: **June 2nd and August 4<sup>th</sup> 8AM to 11AM**

LOCATION: 163-03 Horace Harding Expressway, 4<sup>th</sup> Floor Fresh Meadows, NY 11365

All appointments must be made with the Nurse's office at (718) 423-8810, ext 234. Please call in cancellations to the Nurse at (718) 423-8810 ext 234.

2. A doctor will also be available at our school, in the SFP Nurse's office **August 9th**. The fee is \$45.00 payable in cash. You may use this service, or you may use your own doctor. If you use this service, email [aderrico@sfponline.org](mailto:aderrico@sfponline.org) or call (718) 423-8810, ext 234 to make an appointment. Parents please be sure you sign the parental permission on the **sport medical exam form** if you will not be with your child.

- ✚ Please note the FALL sports that have tryouts before the first day of school will LAST FOR SEVERAL DAYS. For those sports that start after the first day of school, please check the website for your sport, announcements on the TV screens located in the cafeteria and around the school and check the bulletin board outside the gym and by both locker rooms. There are usually informational meetings before the tryouts begin.

I wish you the best of luck in High School!!!

***"High school is Four Years, St Francis Prep is forever!"***

Sincerely, Mr. Sal Fischetti

*Sal Fischetti*

Chairperson, Health & Physical Education

Director, Driver Education & Athletics

St. Francis Preparatory School

[sfischetti@sfponline.org](mailto:sfischetti@sfponline.org)



**Fall Sports:** ALL FALL TRYOUTS THAT BEGIN IN AUGUST WILL LAST FOR SEVERAL DAYS! PLAN ACCORDINGLY

- ✚ Bowling: there will be a meeting the week of 9/10/18, any questions email [nmay@sfponline.org](mailto:nmay@sfponline.org)
- ✚ Boys Cross Country Track: Tuesday 8/21/18 @10AM SFP parking lot dressed to workout. Any questions email [mhernandez@sfponline.org](mailto:mhernandez@sfponline.org)
- ✚ Boys Soccer: Monday 8/20/18 @7:30 AM SFP parking lot dressed to workout, must have cleats and shin guards, any questions email [nlombardo@sfponline.org](mailto:nlombardo@sfponline.org)
- ✚ Cheerleading: Monday 8/20/18 @4pm in the SFP Gym, email [SFPVarsityCheer@gmail.com](mailto:SFPVarsityCheer@gmail.com)
- ✚ Football: Thursday 8/16/18 @7AM SFP parking lot dressed to workout email any questions [coachclarksfp@gmail.com](mailto:coachclarksfp@gmail.com) or [rcarroll@sfponline.org](mailto:rcarroll@sfponline.org)
- ✚ Girls Cross Country Track: Monday 8/20/18 @10AM SFP parking lot dressed to workout. [jmay@sfponline.org](mailto:jmay@sfponline.org)
- ✚ Girls Soccer: Monday 8/20/18 @9AM SFP parking lot dressed to work out. Email questions [KRodriguez@sfponline.org](mailto:KRodriguez@sfponline.org)
- ✚ Girls Swimming: 8/20/18 @7AM The Bay Terrace Country Club 217-14 24 Avenue, Bayside NY 11360. Bring swim suit, goggles, towel, shorts, T-Shirt, sneakers & socks. Any questions email [mfinn@sfponline.org](mailto:mfinn@sfponline.org)
- ✚ Girls Tennis: Monday, 8/20/18 @3PM Crocheron Park Tennis Courts 215 Place between 33rd road and 33rd ave.. Be dressed to workout, bring a racket. Experience to tryout. NYC Tennis Permit required. [ted.rohrs1@gmail.com](mailto:ted.rohrs1@gmail.com)
- ✚ Girls Volleyball: Monday 8/20/18 @9AM in the East Gym. Any questions email [kcolucci@sfponline.org](mailto:kcolucci@sfponline.org)

**Winter Sports:** ALL WINTER TRYOUTS LAST FOR SEVERAL DAYS! There are usually informational meetings beforehand

- ✚ Basketball: 11/3/18, any questions email Boys Basketball [jlynch@sfponline.org](mailto:jlynch@sfponline.org) Girls Basketball [jwagner@sfponline.org](mailto:jwagner@sfponline.org)
- ✚ Boys Swimming Meeting: Monday 9/10/18 at dismissal Room W214 [mfinn@sfponline.org](mailto:mfinn@sfponline.org)
- ✚ Dance: Boys & Girls Dance there will be a meeting after 9/10/18 check the monitors [dmejia@sfponline.org](mailto:dmejia@sfponline.org)
- ✚ Girls Indoor Track meeting on Monday 10/29/18 @ dismissal in W201B [jmay@sfponline.org](mailto:jmay@sfponline.org)
- ✚ Hockey: 10/15/18 There will be a meeting in September [maquilo@sfponline.org](mailto:maquilo@sfponline.org)
- ✚ Step Squad: there will be a meeting week of 10/15/18 [cek63082@yahoo.com](mailto:cek63082@yahoo.com) [ssparagna@sfponline.org](mailto:ssparagna@sfponline.org)

**Spring Sports:** ALL SPRING TRYOUTS LAST FOR SEVERAL DAYS! There are usually informational meetings beforehand

- ✚ Baseball: 3/2/19 any questions email [coachfrank7@yahoo.com](mailto:coachfrank7@yahoo.com) or [BrRKent@sfponline.org](mailto:BrRKent@sfponline.org)
- ✚ Golf: there will be an informational meeting in the weeks prior to the tryout date, [bmccormack@sfponline.org](mailto:bmccormack@sfponline.org)
- ✚ Boys Tennis: there will be a meeting Monday 3/5 /19 [bjohnntennis@aol.com](mailto:bjohnntennis@aol.com)
- ✚ Boys Volleyball: Monday 3/5/19 any questions email Coach Colucci [kcolucci@sfponline.org](mailto:kcolucci@sfponline.org)
- ✚ Girls Lacrosse: 3/5/19 [npasinkoff@sfponline.org](mailto:npasinkoff@sfponline.org)
- ✚ Handball: 3/5/19, any questions email [agrimm@sfponline.org](mailto:agrimm@sfponline.org)



- ✚ Rugby: Boys Fall 7's Rugby 8/21/18 @10AM, by the picnic tables, bring a gallon of water and be dressed to test running. Questions [cynthiakouril@gmail.com](mailto:cynthiakouril@gmail.com). Rugby: Boys Spring 15s Meeting in January, Tryouts in February
- ✚ Softball: week of 9/10/18 for those not playing a Fall Season sport (check announcements). For those playing a Fall Season sport, there will be a second tryout beginning 3/5/19 email [arich@sfponline.org](mailto:arich@sfponline.org)

### Free Sports Physicals!!! No Co-Pay!!!

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**June 2nd and August 4<sup>th</sup> 8AM TO 11AM**

**Free orthopedic/Medical screenings at:**

NewYork-Presbyterian Queens Orthopedics  
Orthopedics & Sports Medicine Center  
163-03 Horace Harding Expressway, 4th Floor  
Fresh Meadows, NY 11365

- ✚ Appointments are available on a first come first serve basis 800am to 11am
- ✚ Appointments are made at the SFP nurse's office by student in person or parent phone call 718-423-8810 x234.
- ✚ Forms must be obtained from the SFP medical office -(physical, history and consent forms)
- ✚ Consent forms only need to be filled out if student will be going to appointment without parent.



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