



ATHLETIC DEPARTMENT

Dear Class of 2023,

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. 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 2023 Incoming 9th graders: is located on the sports webpage resources. It is very important that all athletes complete the google form.**
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 1st, 2019. If you have visited a doctor for a physical before JUNE 1st, 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 June and 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 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: 2019 ORTHOPEDIC SCREENINGS FREE PHYSICALS

SATURDAY JUNE 1, 2019 8AM TO 11AM AND MONDAY AUGUST 12, 2019 3:30 TO 6:30

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

All appointments must be made with the Nurse's office at (718) 423-8810, ext 234 or, email

aderrico@sfponline.org 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 8th 2019. 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 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



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

- ✦ Bowling: informational meeting 9/13/19 in E112 at 2:55pm, any questions email nmay@stfrancisprep.org
- ✦ Cross Country Track: meeting Tuesday 8/20/19 @10AM outside the SFP cafeteria. Tryouts 8/26 10am come dressed to run. Email the coaches for boys mhernandez@sfponline.org or jmay@sfponline.org for girls.
- ✦ Boys Soccer: Monday 8/19/19 @7:30 AM outside the SFP cafeteria dressed to workout. Bring cleats, shin guards, water. Tryouts will run the entire week, attendance required. Email fpurificato@sfponline.org or bsilva@sfponline.org
- ✦ Cheer: meeting 7/16/19 7pm in the SFP auditorium and tryouts Monday 8/19/19 @4pm in the SFP Gym, email SFPVarsityCheer@gmail.com. PLEASE CHECK THE CHEER WEBPAGE FOR MORE INFORMATION!
- ✦ Football: Friday 8/16/19 @7AM outside the SFP cafeteria dressed to workout email any questions coachclarksfp@gmail.com or rcarroll@sfponline.org
- ✦ Girls Soccer: Monday 8/19/19 @8:30 outside the SFP cafeteria dressed to work out. Bring shin guards, cleats and water. Email nlombardo@sfponline.org or KRodriguez@sfponline.org
- ✦ Girls Swimming: Monday 8/19/19. LOCATION TBA. Bring swim suit, goggles, towel, shorts, T-Shirt, sneakers & socks. Any questions email mfinn@stfrancisprep.org. PLEASE CHECK THE SWIMMING PAGE FOR UPDATES!
- ✦ Girls Tennis: Monday 8/19/19 @3PM Crocheron Park Tennis Courts 215 Place & 33rd. Be dressed to workout, bring a racket. NYC Tennis Permit required. Go to www.nyc.gov/tennis permit.com. ted.rohrs1@gmail.com
- ✦ Girls Volleyball: Monday 8/19/19 @9AM in the East Gym. Any questions email kcolucci@sfponline.org

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

- ✦ Basketball: 11/9/19, any questions email Boys Basketball jlynch@sfponline.org Girls Basketball jwagner@sfponline.org
- ✦ Boys Swimming Meeting: Monday 9/9/19 at dismissal Room W214 mfinn@stfrancisprep.org
- ✦ Dance: Boys & Girls Dance there will be a meeting after 9/9/19 check the monitors dmejia@sfponline.org
- ✦ Indoor Track: check monitors for information GIRLS jmay@sfponline.org mhernandez@sfponline.org BOYS
- ✦ Hockey: There will be a meeting in September email any questions maguilo@sfponline.org
- ✦ Step Squad: there will be a meeting week of 10/14/19 cek63082@yahoo.com ssparagna@sfponline.org

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

- ✦ Baseball: any questions email coachfrank7@yahoo.com or RKent@sfponline.org
- ✦ Golf: there will be an informational meeting prior to the tryout date, bmccormack@sfponline.org
- ✦ Boys Tennis: there will be a meeting in March. Any questions email bjohntennis@aol.com
- ✦ Boys Volleyball: any questions email Coach Colucci kcolucci@sfponline.org
- ✦ Girls Lacrosse: there will be a meeting in November. npasinkoff@sfponline.org
- ✦ Handball: any questions email sfischetti@sfponline.org



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- ✦ Rugby: Boys Fall 7's Rugby 8/19/19 @10AM, outside the SFP cafeteria, bring water, be dressed to run. Questions cynthiakouril@gmail.com. Rugby: Boys Spring 15s Meeting in January, Tryouts in February 2020
- ✦ Softball: meeting week of 9/9/19 tryouts in March. Email arich@sfponline.org
- ✦ Outdoor Track: check monitors for information GIRLS jmay@sfponline.org mhernandez@sfponline.org BOYS

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2019 ORTHOPEDIC SCREENINGS FREE PHYSICALS

✦ SATURDAY JUNE 1 2019 8AM TO 11AM

✦ MONDAY AUGUST 12 3:30 TO 6:30

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
- ✦ 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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