



Dear Class of 2021,

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 **sports 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 2021 Incoming 9th graders: is located on the sports webpage resources. Please complete this by the deadline May 15th** 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 1st, 2017. 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 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: Monday, June 5, 3:30 PM-6:30PM and Monday, June 12, 9 AM-3 PM

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.

Please call in cancellations to the Nurse at (718) 423-8810 ext 234.

Email same day cancellations to anv9030@nyp.org

Signed parent permission needed if student comes alone. Print the consent form from our website.

2. A doctor will also be available at our school, in the SFP Nurse's office August 1st. 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. 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
Chairperson, Health & Physical Education
Director, Driver Education & Athletics
St. Francis Preparatory School
sfischetti@sfponline.org



ATHLETIC DEPARTMENT

Fall Sports:

- ✚ Bowling: Mandatory meeting on September 13, 2017 at 2:50pm in E112. Any questions email nmay@sfponline.org. Check SFP monitors for further information.
- ✚ Boys Cross Country Track: Tuesday August 22, 2017 10:00 AM SFP locker room dressed to workout. Any questions email mhernandez@sfponline.org
- ✚ Boys Soccer: Monday August 21 2017 7:30 AM SFP locker room dressed to workout. Any questions email nlombardo@sfponline.org.
- ✚ Cheerleading: after September 21, 2017 any questions email moneill@sfponline.org
- ✚ Football: Thursday, August 17, 2017 8:00 AM E006, dressed to workout. Email any Questions rcarroll@sfponline.org
- ✚ Girls Cross Country Track: Tuesday, August 22, 2017 10:00 AM SFP parking lot dressed to workout. Any questions email jmay@sfponline.org
- ✚ Girls Soccer: Tuesday August 22 2017- 9:00 AM SFP locker room dressed to work out. npasinkoff@sfponline.org
- ✚ Girls Swimming: August 21, 2017-7:00 AM The Bay Terrace Country Club 217-14 24 Avenue, Bayside NY 11360. Bring swim suit, goggles, towel, shorts, T-Shirt, sneakers & socks. Email ameditz@elitepoolandfitness.com
- ✚ Girls Tennis: Monday, August 21, 2017 3:00 PM @ Crocheron Park, Tennis Courts, between 33rd & 35th Ave. on Little Neck Blvd. Dressed to workout, bring your own racket. This is not an instructional program, experience required to tryout. NYC Tennis Permit required. bjohntennis@aol.com
- ✚ Girls Volleyball: Monday August 21, 2017 9:00 am in the East SFP Gym. Any questions email kcolucci@sfponline.org

Winter Sports:

- ✚ Boys Basketball November 4, 2017 email jlynch@sfponline.org Girls Basketball: kerriwhite1133@gmail.com
- ✚ Boys Swimming Meeting: Monday Sept. 18, 2017 at dismissal-Room E006 dannyfinn93@gmail.com
- ✚ Dance: Boys & Girls Dance after September 12, 2017 dmejia@sfponline.org
- ✚ Diving team: danguerrero@gmail.com check website for information in September
- ✚ Hockey: October 16, 2017. There will be a meeting in September maquilo@sfponline.org
- ✚ Step Squad: week of October 16, 2017 cek63082@yahoo.com

Spring Sports:

- ✚ Baseball: week of March 3, 2018, check monitors for information coachfrank7@yahoo.com
- ✚ Boys & Girls Golf: week of March 3, 2018 bmccormack@sfponline.org
- ✚ Boys Tennis: Monday, March 3, 2018 bjohntennis@aol.com
- ✚ Boys Volleyball: Monday, March 3, 2018 kcolucci@sfponline.org
- ✚ Girls Lacrosse: March 3, 2018 npasinkoff@sfponline.org
- ✚ Handball: March 3, 2018 any questions email agrimm@sfponline.org
- ✚ Rugby: There will be a meeting in September cynthiakouril@gmail.com
- ✚ Softball: League play tryouts beginning March 3, 2018 arich@sfponline.org check monitors for info



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