**SPORTS TEAMS SEASONS**

**2019-2020**

**VARSITY SOCCER**

* TRYOUTS:
  + AUGUST 19th and 20th at Ferry Point Park from 4-5:30pm. (You can find directions on our website)

**-YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.**

* Practices begin on AUGUST 21st and will be held 5 days a week (with weekends off).

-Our practice field is a few blocks from Preston on Balcom Ave. and Schley Ave. There are 2 softball fields there and they practice in the middle of them. The Boys and Girls Club is located directly across the street.

**J.V. VOLLEYBALL**

* TRYOUTS:
  + AUGUST 19th and 20th at the Preston High School Gym from 12-3pm.

**-YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.**

* + AUGUST 21st, 22nd and 23rd

**-THERE WILL BE A MANDATORY VOLLEYBALL CAMP AT PRESTON FROM 9-3pm, FOR EVERYONE MAKING THE JV AND VARSITY TEAMS. COST IS $125 (MADE OUT TO PRESTON AND WILL BE BROUGHT IN ON THE FIRST DAY OF CAMP).**

* Practices begin right after camp and are held 5 days per week, with weekends off. There are some weekend games or tournaments.

**VARSITY VOLLEYBALL**

* TRYOUTS:
  + AUGUST 19th and 20th at the Preston High School Gym from 9am-12 Noon.

**-YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.**

* + AUGUST 21st, 22nd and 23rd

**-MANDATORY VOLLEYBALL CAMP AT PRESTON FROM 9-3pm, FOR EVERYONE MAKING THE JV AND VARSITY TEAMS. COST IS $125 MADE OUT TO PRESTON AND BROUGHT IN ON THE FIRST DAY OF CAMP.**

* Practices begin right after camp and are held 5 days per week with weekends off. There are some weekend games or tournaments.

**CHEERLEADING**

* TRYOUTS
  + *(First Season)* AUGUST 19th and 20th from 6-9pm.

**-YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.**

**PRACTICE STARTS RIGHT AFTER TRYOUTS.**

* + *(Second Season)* First Weekend of November (Day/Time TBD)

-All are welcome to tryout but remember that starting Cheer in this second season puts you at a disadvantage of not cheering for the past 3 months.

* Practices are Sunday mornings 8am-12 noon and three days during the week (those days to be determined)
* The Cheerleading team will compete in Disney World (Orlando, FL.) at the beginning of February 2020. This trip costs about $1,400.00 per girl and everyone is encouraged to get sponsorships to cover the cost.

**J.V. AND VARSITY BASKETBALL**

* TRYOUTS:
  + NOVEMBER 2nd at the Preston High School Gym (Time TBD)
    - NOVEMBER 3rd: Second round of tryouts if necessary.
* Practice times are to be determined. Both teams practice 5 days per week.
  + **Christmas vacation is part of basketball season, so there will be practice and maybe a tournament. All players are expected to be present.**

**JV AND VARSITY SOFTBALL**

* TRYOUTS
  + MARCH 7th and 8th at Veteran’s Memorial Field, if weather permits, or at the Preston High School Gym if the weather prevents tryouts from being held outdoors. (Time to be determined)
* **\*\*\*Only Seniors are excused for Spring Break vacations. All other players are required to attend games/practice.**
* Both teams practice 5 days per week.
* JV home games are played at Veteran’s Memorial Field. Practices held at Veteran’s Field or the softball field on Balcom Ave. and Schley Ave. (The Boys and Girls Club is located directly across the street.)
* Varsity practices and plays home games at Veterans Field.
  + There will be a few weekend games/tournaments players must be able to commit to.
  + **Easter break is part of softball season. The JV team always plays in an Easter Tournament during vacation and the SENIORS are excused for their Senior Caribbean trip every year.**

**General information for all student athletes:**

* Every player must be medically cleared to tryout for a Preston team. This means you need a physical within a year of the tryout and a doctor’s note must be brought in to the school nurse or given to the Athletic Director on the day of tryouts.

-**NO ONE WILL BE PERMITTED TO TRYOUT WITHOUT THIS DOCUMENTATION. If you are**

**unable to attend tryouts on the designated day, you will not be eligible for consideration to**

**be on that team.**

* **Sports Fee**:
  + 1st sport played: $100 *\*Uniforms are distributed after the fee is paid.*
  + 2nd or 3rd sport played: $50
* 2 Waiver/Permission Slips, 1 Concussion Form, 1 Parent Medical Release Form and a PHS Athlete Parent Contract will all be given to each girl upon making a team.

-All paperwork (5 pages total) must be returned during that first week of practice.

**\*We have an ATHLETIC Fundraiser that ALL athletes are required to participate in. Each player must take 5 LOTTO CARDS to buy or sell. This cost is $100.**

**-If you chose not to participate, then $100 will be added to your account at the end of the year. This fundraiser enables me to run this successful program to the best of my ability and give everything I can to our athletes.**

**\*\*\* Athletes are committed to their respective sports and SHOULD NOT plan vacation time when in season \*\*\***

If you have any questions, please email me at sportsphs@prestonhs.org or you may call my cell at (718)710-8849.

Thank you in advance for trusting your daughters and their Athletic High School careers to our tremendous Coaches and me.

**Sincerely,**

**Jamie Skrapits**

**Preston High School Athletic Director**