

# SPORTS TEAMS SEASONS

2022-2023

## General Information for All Student Athletes:

- Every player must be medically cleared to try out 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 and 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.**

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

### Fees For Athletics

<b>Team Fee *Billed to FACTS once team is picked*</b>	<b>Athletic Fundraiser *Billed to FACTS with Team Fee*</b>
1st Team - \$125 2nd and 3rd Team - \$75 each	\$140 fee charged to FACTS. Each athlete receives 7 lotto cards to sell to family and/or friends

- 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.

## CHEERLEADING

### • TRYOUTS

- *(First Season)* AUGUST 22nd and 23rd from 6-8:30pm.

**-YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.  
PRACTICE STARTS RIGHT AFTER TRYOUTS.**

- *(Second Season)* NOVEMBER 6th at 9 AM

-All are welcome to try out 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 9am-12 noon and three days during the week (those days to be determined).
- The Cheerleading team will compete in Disney World (Orlando, FL.) February 2023, if the team is competitive enough to attend. The coach will determine this after seeing the teams. This trip costs about \$1,500.00 per girl and everyone is encouraged to get sponsorships to cover the cost.

Soccer	Volleyball	Basketball	Softball
<p><u>TRYOUTS:</u>  <u>AUGUST 22nd and 23rd</u> at Ferry Point Park from 4-5:30pm. (You can find directions on our website)  <b>YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.</b></p> <p>Practices begin on <u>AUGUST 24<sup>th</sup></u> and will be held 5 days a week (with weekends off).  -Our practice field is at Veterans Field.</p>	<p><u>TRYOUTS:</u>  <u>AUGUST 22nd and 23rd</u> at the Preston High School Gym:  JV: 12-3pm  Varsity: 9AM - 12PM</p> <p><b>YOU MUST ATTEND BOTH TRYOUTS FOR THE MOST EXPOSURE TO THE COACHES.</b></p> <p><u>AUGUST 24th, 25th, 26th</u>  <b>\$150 Mandatory Volleyball Boot Camp charged to FACTS account to all who make the teams.</b></p> <p>Practices are held 5 days per week, with weekends off. There are some weekend games or tournaments.</p>	<p><u>TRYOUTS:</u>  <u>NOVEMBER 5th</u> at the Preston High School Gym (Time TBD)  <u>NOVEMBER 7th:</u> Second round of tryouts if necessary.</p> <p><b>Christmas vacation is part of basketball season, so there will be practice and maybe a tournament. All players are expected to be present.</b></p> <p>Practice times are to be determined. Both teams practice 5 days per week.</p>	<p><u>TRYOUTS</u>  <u>MARCH 5<sup>th</sup> and 6<sup>th</sup></u> at Veterans 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)</p> <p>Both teams practice 5 days per week and play home games all at Veterans Field  <b>***Only Seniors are excused for Spring Break vacations. All other players are required to attend games/practice.**</b></p> <p>There will be a few weekend games/tournaments players must be able to commit to.</p> <p><b>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.</b></p>

If you have any questions, please email me at [sportsphs@prestonhs.org](mailto: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**

**Ben Piacquadio**  
**Preston High School Assistant Athletic Director**