

2023-2024 East Fall Try-Out Information

Boys Cross Country – Coach Schieck (pschieck@smithtown.k12.ny.us)

First Week:

Monday, 8/21/23, at HSE Track (HJ Area) from 8:00-10:00 AM

Tuesday, 8/22/23 at HSW Track 8-10 AM (Varsity Returns to Sunken Meadow at 6PM)

Wednesday, 8/23/23 at HSE 8-10 AM

Thursday, 8/24/23 at HSW Track 8-10 AM (Varsity Returns to Sunken Meadow at 6PM)

Friday, 8/25/23 Off

Saturday, 8/26/23 at Sunken Meadow 8-10 AM

Sunday, off

All team information for optional summer meetings and Booster Club Camp (8/7-8/11) will be sent via remind.com. Athletes and parents should join by texting @sbxc23 to 81010.

Athletes need medical clearance to participate.

Have water/sports drink, running shoes, running watch.

Boys' Golf – Coach Woods (rwoods@smithtown.k12.ny.us)

Organizational meeting will be held on August 21st outside the Smithtown Landing clubhouse at 3:00 pm. We will explain try-out procedures, and answer any questions that you might have.

(No clubs necessary for this meeting.)

Try-outs for the boys' varsity and junior varsity golf team will be on August 22nd, 23rd, 29th and 30th at Smithtown Landing Country Club.

Please dress appropriately. Collared shirts must be tucked shorts or pants. Hat or visors must be worn straight. You must wear a belt. Jeans, sweat pants, cargo shorts or tee shirts of any sort are not permitted.

Please make sure that you are medically cleared to play using Final forms.

<https://smithtowncentral-ny.finalforms.com/>

Please email Coach Woods with any questions or concerns.

rwoods@smithtown.k12.ny.us

East Boys Soccer – Coach Menendez (mmenendez@smithtown.k12.ny.us)

Monday, August 21 – Friday August, 25

8:00 am – 10:00 am and again from 5:00 pm – 7:00 pm

Boys Volleyball – Coach Preston (rpreston@smithtown.k12.ny.us)

Monday, 8/21 7:30 am – 10:00 am and 5:00 pm – 7:00 pm

Tuesday, 8/22 8:00 am – 10:00 am and 5:00 pm – 7:00 pm

Wednesday, 8/23 8:00 am – 10:00 am and 5:00 pm – 7:00 pm

Cheerleading – Coach Halloran (sevarsitycheerleading@gmail.com)

Tuesday August 15 – Thursday August 17 8:00 am – 10:00 am

Nesconset Elementary

Attire: White t-shirt with red shorts. Hair pulled back away from face. Proper cheerleading sneakers for all THREE tryout dates. Please bring a water bottle with your name on it.

**Varsity's first practice will be 5 – 7 pm on August 17 at HS East following the final tryout session.

Field Hockey – Coach Eye (ceye@smithtown.k12.ny.us)

Google classroom code k7yhurl

Football – Coach Bennardo (dbennardo@smithtown.k12.ny.us)

Smithtown East Football will begin on Monday 8/21.

7:30 am – 10:00 am and 5:30 pm – 7:30 pm

Will need cleats, a lock, and a water bottle

Please make sure that you are cleared on final forms.

Girls Cross Country - Coach Bayne (RiseAgain82@aol.com)

Season Starts August 21st

Monday, Wednesday & Friday @ East at 8-10 am

Tuesday, Thursday & Saturday @ West at 8-10 am

The week of August 28th

Monday, Wednesday, Friday & Saturday @ East

Tuesday & Thursday @ Sunken Meadow Park in Field 4! (Picnic Area)

Please join the remind group by texting the #81010 the following code @2023smitht

Girls Gymnastics – Coach Berroyer (jberroyer@smithtown.k12.ny.us)

Tryouts: @ HS East

8:00-10:00 8/21, 8/22, 8/23, 8/24

(Nothing 8/25, 8/26)

Practices:

8:00-10:30 8/28, 8/229, 8/30, 8/31, 9/1, 9/2, 9/4, 9/5

First day of school, 9/6 starts normal after school practice 2:30/2:45-5

Girls Soccer – Coach Knecht (dknecht@smithtown.k12.ny.us)

Date/Time: August 21st with the possibility of going through 25th.

Arrive by 7:30am for check-in on Monday.

All other mornings be ready to go with SHIN GUARDS a ball and on the field at 8:00am.

Be prepared to attend tryouts Monday-Friday 8am-10am & 5pm-7pm

Although we may not go double sessions the entire week.

Location: HS East grass soccer fields

Equipment: Cleats, running sneakers, shin guards, and water.

Check the google classroom, as there will be information posted. [az2zttu](#)

CLEATS, SNEAKERS, SHIN GUARDS, A BALL AND A SHIRT WITH YOUR LAST NAME ARE REQUIRED EVERYDAY

Girls Swimming – Coach Montalvo (smonte1224@gmail.com)

@ Hauppauge High School

First day 8/21

Divers 8:00 am – 9:30 am

Swimmers 3:00 pm – 4:30pm

Girls Tennis – Coach Daniggelis (nicole.daniggelis@gmail.com)

Week 1: Monday Aug. 21 - Friday Aug. 25 7:30 - 9:30AM SHSE Tennis Courts

Week 2: Monday Aug. 28 - Friday Sept. 1 7:30 - 9:30AM SHSE Tennis Courts

Tuesday, Sept. 5 is our first tennis match against West Islip

You do need a certain amount of practices prior to playing in a match, so it is important to make all days.

Mandatory Equipment: Tennis Sneakers and a Tennis Racquet, Sunblock and plenty of Water

Additional Optional Suggestions: Sun Glasses, Visor or Hat

Very excited for the season ahead!

Girls Volleyball – Coach Alamia (galamia@smithtown.k12.ny.us)

JV/Varsity

East HS Main/Old Gym

Monday 8/21 - 7:30 AM - 10:00AM and 5:00 PM - 7:00PM

Tuesday 8/22 - 7:30 AM - 10:00AM and 5:00PM - 6:30PM

Wed. 8/23 - 7:30 AM - 10:00AM

Following AM session teams will be selected