

2023-24 West 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 Chandler (achandler@smithtown.k12.ny.us)

It is with great anticipation that our coaching staff at Smithtown announces its first organizational meeting for the upcoming fall 2023 season. The meeting will be held on August 21st outside the Smithtown Landing clubhouse at 3:00 pm. We will explain try-out procedures, collect permission and code of conduct forms, 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 start on August 22nd and continue on the 23rd and 24th at Smithtown Landing Country Club. Try-outs/practice will continue on August 29th, 30th and 31st. Tee times will be explained at the meeting. Please dress appropriately. Collared shirts must be tucked into Bermuda length shorts. Hat or visors must be worn straight. You must wear a belt. Jeans, sweat pants or tee shirts of any sort are not permitted.

The School will not provide transportation for any of the Middle Schools*. It is the family's responsibility to provide transportation to and from the golf course. High School students will be provided a one way shuttle to Smithtown Landing. That bus leaves from the visitor's entrance every day at 2:10. All golfers are to be picked up at Landing at the conclusion of practice or a match.

If your last physical was prior to August 2022 you must download the physical form and get an updated physical. You are also required to submit the health screening form; this form must be submitted along with your physical. The medical update form may be turned in any time after August 1. We will receive a list from athletics listing all student athletes who have been cleared to play this season. If your name is not on that list you may not try-out. All forms can be downloaded from our district website – Athletics

If you have any questions or concerns please email Coach Chandler at achandler@smithtown.k12.ny.us. We trust that you will play a lot of golf this summer - preferably tournament golf. Take advantage of the outstanding junior programs offered at Landing. Enjoy your summer, and we look forward to your trying out for the school team.

*Any MS student who wants to try out for the HS team must be Board Approved.

Please contact Lorraine Quigley @ the Athletic Office (631-382-2100 or lquigley@smithtown.k12.ny.us) for the necessary paperwork.

Boys Soccer – Coach Gercke (agercke@smithtown.k12.ny.us)

Monday 8/21 - Friday 8/25 at the HSW soccer field.

7:30-10am and 5pm-7pm, both sessions each day are mandatory.

Bring: Cleats, shin guards, water, sunscreen, and running shoes everyday.

Boys Volleyball – Coach Legge (mlegge11@gmail.com)

Monday through Friday 7:30 AM until 10:00 AM and 5:00 PM to 8:00 PM

Saturday 7:30 AM – 10:00 AM

Cheerleading – Coach Perri (kristen.a.perri@gmail.com)

******Be sure to download the BAND app and join the pre-season group for all important tryout information. Scan the QR code to join the group.***



SPORT PHYSICALS

Sport Physicals will be submitted on the new final form's portal.

To view access Final Forms:

Go to the District website.

Click on Departments

Then Athletes

Then Final Forms

PRE-TRYOUT SESSIONS

July 18, 19, 20. 7-9AM (**JULY 20TH WILL BE GAME DAY ONLY)

August 15, 16, 17. 7-9AM (**AUGUST 17TH WILL BE GAME DAY ONLY)

Pre-Tryout sessions are where we teach the tryout material.

It is STRONGLY suggested that ALL ATHLETES trying out attend all pre-tryout sessions however the material taught will be posted in the BAND App after the completion of each session.

TRYOUTS

AUGUST 21st 7-9AM (review of material and stunt tryout)

AUGUST 22nd 7-9AM (continuation of stunt tryouts)

AUGUST 23rd 7AM-until finished (athletes will be given a time for their specific tryout)

TEAM ANNOUNCEMENTS WILL BE MADE ON AUGUST 23RD BY EARLY AFTERNOON

****First practice for JV & Varsity will be that evening August 23rd from 5-7PM****

****There will be no late tryouts or video submission tryouts.**

TRYOUT SKILLS

****This year all athletes trying out for the HS program will have the option to try out for VARSITY GAME DAY In addition to a spot on JV/VARSITY TRADITIONAL. Athletes will have up until the first day of tryouts to declare if they would like to try out for GAME DAY.**

ATHLETES CHOOSING TO ONLY TRYOUT FOR THE JV/VARSITY TRADITIONAL TEAM WILL BE JUDGED ON THE FOLLOWING:

- Cheer
- Jumps
 - o Toe Touch
 - o Right front hurdler
 - o Double Toe Touch
- Tumbling
 - o Standing
 - BHS
 - Tuck
 - o Jump Tumbling
 - TT BHS
 - TT Tuck
 - o Running Tumbling
 - You will do your 2 hardest passes. At least 1 pass must be from a power hurdle.
 - Options for running tumbling:
 - BHS
 - Tuck
 - BHS Tuck
 - Layout
 - BHS Layout
 - Full
 - BHS Full
 - o Cartwheel Tumbling
- Stunting
 - o Athletes will be assessed on their stunting technique and skill level during the 1st and 2nd day of tryouts.

Athletes who choose to try out for game day will be judged on these additional skills:

- Band Dance
- Rally
- Standing Tuck with poms

EXPECTATIONS/REQUIREMENTS FOR EACH TEAM:

	CHEER	JUMPS	STUNTING	STANDING TUMBLING	RUNNING TUMBLINS	ADDITIONAL REQUIREMENTS
JV TRADITIONAL	-Proper motion placement -voice projection	-Proper technique	-Proper technique in basic/intermediate skills	BHS REQUIRED *Some exceptions may be made for exceptional skills in other areas	BHS Preferred	-Enthusiasm -eager to learn -positive attitude
VARSITY TRADITIONAL	-Sharp and proper motion placement	-Proper technique -Parallel jumps	-Proper technique in all skills from basic to elite level	Tuck Required *Some exceptions may be made for exceptional skills in other areas	-Cartwheel tuck -Power hurdles BHS Tuck	-Toe touch tuck
VARSITY GAME DAY	-Exceptional motion placement -Strong voice projection, pace and inflection		-Exceptional technique in basic to advanced skills	Tuck Required *Some exceptions may be made for exceptional skills in other areas		-Strong rally -Strong crowd leading -Overall excitement and enthusiasm while performing skills

- Placement onto a team is based on skill and not grade.
- There is no guarantee of placement onto a team or a spot on mat for competition- regardless if the athlete was on that team or on mat in years prior.
- Understand that being part of our program is a large commitment and all athletes who make a team will be required to attend daily practices, games, competitions etc. Athletes who miss practice for an extended period of time due to vacations or excessively due to other sports teams that overlap can and will jeopardize their position on the team/mat. Athletes and parents should understand going into the season that this is a team sport that requires everyone to be present for the team to be successful. •

Field Hockey – Coach Link (llink@smithtown.k12.ny.us)

Tryouts - 8/21 - 8/26 (times TBD) at West Turf

All players should bring a field hockey stick, mouth guard, shin guards, turf shoes or cleats, sneakers, sunscreen and water.

Parents and Athletes should sign up on Remind by texting 81010 the following code: @667374

Football – Coach Perrino (cperrino02@smithtown.k12.ny.us)

Varsity Football at West August 19

Junior Varsity Football at West August 21

Varsity will be going 2 a days beginning August 19

7:30 am - 10 am

5 pm - 8 pm

Junior Varsity will only go 1 a day beginning August 21

7:30 - 10 AM

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, 8/29, 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 Fey (efey@smithtown.k12.ny.us)

Location: High School West Soccer Fields

- All athletes trying out should bring cleats, running sneakers, shin guards and water to each session.

Monday - August 21st:

AM Session - 7:30 AM - 9:30 AM

PM Session - 5:00 PM - 7:00 PM

Tuesday - August 22nd:

AM Session - 7:30 AM - 9:30 AM

PM Session - 5:00 PM - 7:00 PM

Wednesday - August 23rd:

AM Session - 7:30 AM - 9:30 AM

PM Session - 5:00 PM - 7:00 PM

Thursday - August 24th:

AM Session - 7:30 AM - 9:30 AM

Friday - August 25th:

AM Session - 7:30 AM - 9:30 AM

Saturday - August 26th:

AM Session - 7:30 AM - 9:30 AM

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 Bodo (cbodo@smithtown.k12.ny.us)

August 21 8-10

August 22-31 7:30-9:30.

Saturday's 8-10. All other information can be found on the Tennis Google Classroom (code [pduvq5i](#))

Girls Volleyball – Coach Brown (dbrown@smithtown.k12.ny.us)

Mon 8/21 – Wed 8/23 7:00 am – 10:00 am AND 5:00 pm – 8:00 pm

Thurs 8/24 – Sat 8/26 7:00 am – 10:00 am