



Dear Parents/Guardians/Student Athletes,

As we look ahead and prepare for the start of the 2018 fall sport season, I ask that you carefully read the information below which outlines the start dates and times as well as some medical information that is needed to be eligible to participate in the fall. If you have any questions or concerns please contact the coach directly. You will find the coaches' email beneath the start time/site. You can also contact me with any questions at [jcorso@stdoms.org](mailto:jcorso@stdoms.org)

Enjoy your summer,

*John Corso*

*John Corso*

*Director of Athletics*

*516-922-4888 x5454*

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| <b>August 14<sup>th</sup></b> | <b>FOOTBALL (equipment distribution)</b><br><b>HEAD COACH: ROBERT PLOTH</b>                                                         | <b>5:00pm-7:30pm St Dom's Fields</b><br><b>Robertplothbayhawksfootball@gmail.com</b>                  |
| <b>August 16<sup>th</sup></b> | <b>FOOTBALL (first practice)</b><br>Shorts/tee shirt/cleats /water /lunch                                                           | <b>9:00-12:00pm &amp; 1:30-4:00pm St Dom's Fields</b><br><b>Robertplothbayhawksfootball@gmail.com</b> |
| <b>August 20<sup>th</sup></b> | <b>BOY'S SOCCER</b><br><b>HEAD COACH: JAMES SPAMPINATO</b><br>Shorts/tee shirt, cleats, water bottle, shin guards                   | <b>8:00am-11:00am St. Dom's Fields</b><br><b>jimspampinato@gmail.com</b>                              |
| <b>August 20<sup>th</sup></b> | <b>GIRL'S SOCCER (ALL LEVELS)</b><br><b>HEAD COACH: STEPHANIE FALZARANO</b><br>Shorts/tee shirt, cleats, water bottle               | <b>8:00am-11:00am St. Dom's Fields</b><br><b>sfalzarano03@yahoo.com</b>                               |
| <b>August 27<sup>th</sup></b> | <b>BOY'S &amp; GIRL'S CROSS COUNTRY</b><br><b>HEAD COACH: BOB MITTLEMAN</b><br>Running shoes, shorts/tee shirt, water               | <b>6:00pm Syosset High School</b><br><b>bob@runbobrun.net</b>                                         |
| <b>August 20<sup>th</sup></b> | <b>GIRL'S VOLLEYBALL (ALL LEVELS)</b><br><b>HEAD COACH: KRISTIN CRUDELE</b><br>Shorts/tee shirt/ water bottle/ sneakers / knee pads | <b>TBA Sports Center</b><br><b>kcrudele@stdoms.org</b>                                                |
| <b>August 21<sup>st</sup></b> | <b>GIRL'S TENNIS</b><br><b>HEAD COACH: ELIZABETH KING</b><br>Tennis racquet, tennis sneakers, shorts/tee shirt, water bottle        | <b>8:00a.m. -10:00a.m. St Dom's Fields</b><br><b>eking7485@stdomsob.org</b>                           |



**August 20th**    **GIRL'S SWIMMING**  
*HEAD COACH: CAITLIN MEONI*  
Meeting only

**10:30am Sports Center**  
**ltownswimming@gmail.com**

**August 20th**    **CHEERLEADING**  
*HEAD COACH: BRITTANY STEWART*  
Tee shirts/shorts/sneakers and water bottle

**11am-1pm High School Sports Center**  
**bstewart@stdoms.org**

**MEDICAL INFORMATION:**

St. Dominic requires clearance from the nurse for each student athlete in order to be eligible to try-out for any team. Clearance is required prior to student's participation in trying out for any sport. The following is required in order for a student to be cleared by the nurse:

**A current physical (less than one year)**

**A sports health update form for any physical which is older than 30 days.**

Forms can be downloaded from the schools web site at <http://hs.stdoms.org>. Physical form must be completed by your child's physician and the sports health update form needs to be completed by a parent.

**Students must be present along with parents in order for the nurse to clear them for sports participation.**

**August 10th - 9:00 am to 12pm**

**August 15<sup>th</sup> - 4:30 pm to 7:30 pm**

**August 20th - 7:00 am to 9:00 am**

Any questions or concerns regarding sports clearances, please contact the health office directly at extension 5166.