



**New Rochelle High School  
Department of Athletics**

**Pre-season Information – Fall Sports 2019**

The following is a list of the teams and their summer workout schedules as well as the schedule for August practices and tryouts. If you are in need of further information, you can contact the coach or call the Athletic Department at 576-4586.

Official Start Date: **Monday, August 19<sup>th</sup>**

**Summer Schedule**

**Girls Varsity/JV Soccer** – Head Coach: Francesco Notaristefano – [coachfn@ymail.com](mailto:coachfn@ymail.com)

There will be voluntary workouts for anyone interested on August 13, 14, and 15 from 5:00-7:00pm on McKenna Field

**Tryouts:**

**Monday – Friday August 19-23 – Varsity and JV 11:00am – 1:00pm and 3:00-5:00pm;**

**Saturday, August 24 – 7:30-11:00am**

**Girls' Varsity and JV Tennis** – Head Coach: Mike Sgobbo – [msgobbo@nredlearn.org](mailto:msgobbo@nredlearn.org)

**Monday, August 19 – Varsity and JV from 9:00am - 12:00pm at the NRHS tennis courts.**

**Beginning Tuesday, August 20 JV will practice from 8:00-10:00am and Varsity from 10:00am – 12:00pm**

**Boys' Varsity and JV Soccer** – Head Coach: Jarohan Garcia – [jgarcia@nredlearn.org](mailto:jgarcia@nredlearn.org)

There will be voluntary workouts during the summer on Tuesdays, Wednesdays and Thursdays on the following dates:

July 16, 17, 18, 30, 31; August 1, 13, 14, and 15

Time: 5:30-7:00pm on McKenna Field

**Tryouts:**

**August 19, 20 and 21 – Varsity and JV from 7:30-10:00am and 5:30-7:30pm**

**Beginning on Thursday, August 22 Practice sessions will take place at the following times:**

**7:30-10:00am; 2:00-4:30pm; 5:30-7:30pm**

**Girls' Cross Country** – Head Coach: Andy Capellan – [andycap@optonline.net](mailto:andycap@optonline.net)

There will be voluntary workouts for anyone interested on every Monday, Wednesday and Thursday at 5:00pm beginning on July 8. All runners will meet at the high school track.

**Practices:**

**August 19 until the start of school at 5:00pm. Meet at the high school.**

**Boys' Cross Country** – Head Coach: Joe Intervallo – [joint415@hotmail.com](mailto:joint415@hotmail.com)

There will be voluntary workouts for anyone interested on every Monday, Wednesday and Thursday at 5:00pm beginning on July 8. All runners will meet at the high school track.

**August 19 until the start of school at 5:30pm on weekdays and 10:00am on Saturdays.**

**Varsity and JV Volleyball** – Head Coach: Meghan Flaherty – [meghan.flaherty@yahoo.com](mailto:meghan.flaherty@yahoo.com)

**August 19 – 10:00am-1:00pm**

**August 20 – 10:00am-1:00pm**

**August 21-23 – 9:00am-12:00pm**

**August 26-30 – 9:00am-12:00pm**

**Due to construction at the high school, the team will be having practices at Isaac Young Middle School.**

**Girls Varsity Swimming** – Head Coach: Kip Fierro – [kfierro@nredlearn.org](mailto:kfierro@nredlearn.org)

**August 19 until the start of school – 9:00-11:00am at the high school pool**

**Varsity and JV Cheerleading** – Head Coach: Angela Trozzi – [atrozzi94@gmail.com](mailto:atrozzi94@gmail.com)

From July 1<sup>st</sup> through August 14<sup>th</sup> there are voluntary workouts every Monday and Wednesday from 5:30-7:30pm at Isaac Young Middle School.

**Practice:**

**Monday, August 19 – Wednesday, August 21 and Friday, August 23 from 5:30-8:00pm at Isaac Young Middle School. There will not be practice on Thursday, August 22<sup>nd</sup>.**

**Varsity Football** – Head Coach: Lou DiRienzo – [ldirienzo@nredlearn.org](mailto:ldirienzo@nredlearn.org)

Practices in June and July are as follows:

Champion Football Camp will take place on the following dates:

Friday, June 21, Saturday, June 22 and Monday, June 24 – Friday, June 28:

(note: Monday, June 24 will be for players who have completed final exams)

Summer Fitness Program: Monday through Thursday, July 1 – July 25 from 5:00-7:00pm at the high school.

New Canaan Football Camp (team will depart from the high school):

Monday, July 29 – Thursday, August 1 – 4:00-8:00pm (bus departure will be announced by the coaches)

**Practice:**

**Monday, August 19 – Players report to the high school at 7:30am.**

**Junior Varsity Football** – Head Coach: Theo Washington – [twashington@nredlearn.org](mailto:twashington@nredlearn.org)

Practices in June and July are as follows:

Monday, June 24 – Friday, June 28 4:00 – 6:30 – Practices at the high school

Monday, July 8 – Thursday, July 11 – Summer Fitness at the high school 1:00-2:30

Monday, July 15 – Thursday, July 18 – Clarkstown South Football Camp (details to follow)

Monday, July 22 – Thursday, August 8 (no Fridays) – Summer Fitness 1:00-2:30

**Practice:**

**Monday – August 19 – Players report to the high school's Team Meeting Room at 8:00am**

Reminder: We are now doing all registration for sports on FamilyID ([www.familyid.com](http://www.familyid.com)) Please go on and complete the "Intent to Participate Form" if your child is planning to tryout for a Varsity, JV, Freshman or Modified Team for the Fall 2019 season. This is the first step in the registration process. New York State law requires that all school districts review a student's health profile within 30 days of the start of the season. The final step to register for participation in interscholastic athletics will simply require you to log back into your FamilyID account and provide additional required information via the Confirmation of Participation Form. The registration period will open on July 19<sup>th</sup> for the high school teams and August 5<sup>th</sup> for the modified teams.

If you have completed the Intent to Participate Form you will receive notification once the registration period opens. If you have any questions you can contact the Athletic Department at 576-4586.