

2025 SPRING SPORTS TRYOUTS

BADMINTON - Gymnasium

All Grades

Monday, March 3rd 3 - 5 PM

Tuesday, March 4th 3 - 5 PM

Wednesday, March 5th 3 - 5 PM

Thursday, March 6th 3 - 5 PM

OFF for Junior Ring Day and Junior Prom

Day 5 - Sunday, March 9th 12:30 - 2:30 PM

Head Coach Ms. Roecklein

Google Classroom code - xvcsu75

BASEBALL - Varsity Field

All Grades

Saturday, 3/1

All Middle Infield 10-11:30 AM

All Corner Infield 11:45-1 PM

All Outfielders 1:15-3 PM

Sunday, 3/2

Freshmen & Sophomore Position Players 11:30-1pm

Juniors & Seniors Position Players 1-3pm

Freshmen and Sophomore Pitchers 7:30-9pm @ LI Fieldhouse
295 Oser Ave. Hauppauge, NY 11788

Junior and Senior Pitchers 9-10:15pm @ LI Fieldhouse
295 Oser Ave. Hauppauge, NY 11788

Head Coach Mr. Parsolano

Google Classroom Code - sih5cwa

CREW - Student Center

All Grades

Saturday 3/1 8-10 AM

Monday 3/4 - 3/7 5:30-7:30 PM

Saturday 3/9 8-10 AM

Head Coach Ms. Weber-Cantrell

Google Classroom Code - fngx4tc

GIRLS GOLF

All candidates should bring their clubs to school on March 3rd.

Girls Golf Meeting 2/27

March 3rd (Weather Permitting) 3:00 PM

Driving Range - Heartland Golf Park (1200 Long Island Ave. Brentwood NY)

Athletes will be back in time for the late bus the first week or they can be picked up at **Heartland by 4:30 PM**

Head Coach Mrs. Calfa

BOYS GOLF **Transportation will be provided**

2/25 Information Meeting

Tryout 3/12, 3/13 and 3/17, 3/18

Tryout Course - Eisenhower Park Golf (1899 Hempstead Turnpike, Westbury, NY 11590)

Golfers will **NOT** be back in time for the late buses when at the course. Parents may pick up at the course (6-630) or back at school between 645 -730pm

9th & 10th Grade - bus will leave right after school

Returning Varsity A, 11th & 12th Grade -bus will leave right after school

Head Coach Mr. Volpe

Google Classroom Code - jn5ifon

BOYS LACROSSE

March 1st

Varsity

Front Field 8-10 AM

March 2nd

Varsity

Back Field 12-2 PM

JV

Back Field 3-5 PM

Freshmen

Front Field 3-5 PM

March 3rd **TBD**

Varsity

JV

Freshmen

Varsity Head Coach Mr. Wieczorek

Google Classroom Codes

Varsity code - nuhs4s2

JVs code - on5svfy

GIRLS LACROSSE

March 1st

Varsity (Juniors and Seniors)

Back Field 8-10 AM

JV (All Sophomores)

Back Field 10-12 PM

Freshmen

Back Field 12-2 PM

March 2nd

OFF

March 4th **TBD**

Head Coach Ms. Messina

Google Classroom: jho2nwb

RUGBY

All Grades - No Cuts

Currently Monday-Friday on the back field

3:00 PM - 5:00 PM

Head Coach Mr. Young

SOFTBALL - Softball field

March 1st

Varsity Candidates

9:30 AM

JV Candidates

12:00 PM

March 3rd

OFF

March 4th

All Grades

3:00 PM - 5:00 PM

Head Coach Mr. Massa

Google Classroom - xjc3zre

BOYS TENNIS - Terry Farrell Courts

Monday, March 10th -14th

3:00 PM - 5:00 PM

All subject to weather

Head Coach Mr. Mccalla

BOYS TRACK & FIELD

Monday 3/3 Meet in the fishbowl

3-5pm

Practice every day

Head Coach Mr. Dearie

GIRLS TRACK AND FIELD

Monday 3/3 Meet in the Student Center Bleachers

2:50 PM -5:00 PM

Practice every day

Head Coach Mr. St. Aude

Google Classroom Code - b2kmmky

VOLLEYBALL - Gymnasium

All Grades

Friday, March 7th,

2:45-5 PM

Saturday, March 8th

Off

Sunday, March 9th

3-5 PM

Monday, March 10th

2:45 PM -5:00 PM

Head Coach Mrs. Newman

Google Classroom Code - qp2zkk6

For more detailed information, please reach out to the coaches directly