

Cheerleading



Coach Jen Van Duzer-Kerns – JVanDuzer@smhlancers.org

August 21 – 1 p.m. – 3 p.m.

August 26 – 1 p.m.-3 p.m.

August 28 – 1 p.m. – 3 p.m.

Additional practice info to be passed at practice by coach.

Cross Country (Men's & Women's)



Coach Charlie Planz – Chargers365@aol.com / August Pautler Apautler@smhlancers.org

August 19-23

8 a.m. – 10 a.m. at St. Mary's

6 p.m. – 8 p.m. at Como Park

Additional practice info to be passed at practice by coach.

Football



Coach Anthony Zito – AZito72342@gmail.com

August 19-23 at St. Mary's High School

1 p.m. – 3 p.m. on Field (Lift until 4)

August 26-30 at St. Mary's High School

10 a.m. – 12 p.m. (Lift until 1)

August 31 at 10 a.m. at St. Mary's

Scrimmage vs. Tonawanda

Men's Golf



Coach Mark DiPirro – Mark.DiPirro@aol.com

Tryout: Wednesday, August 21, 2 p.m. at Walden Driving Range (\$20 per Golfer)

Practice Round: (Selected Golfers)

Monday, August 26, 6 p.m. at Lancaster Country Club (\$25 per Golfer)

Women's Volleyball



Varsity: Don Pieczynski ivccs@aol.com / JV: Lou Gasbarre Gas412000@yahoo.com

Tryouts for all:

August 19 – 21, 9 a.m. – 12 p.m. at

*****Center Court Sports (2912 William St.)*****

Additional practice info to be passed at practice by coach.

Women's Soccer

Varsity Brittany Steele – Bsteele@smhlancers.org

JV Nicole Wightman Nwightman@smhlancers.org

Tryouts (ALL) – Friday, August 23 10 a.m. – 12 p.m. at Westwood Field

Tryout (ALL) – Monday, August 26 10 a.m. – 12 p.m. at Westwood Field

(Teams will be split at this point)

JV: August 27-29 8-10 a.m. at St. Mary's High School

August 30 Color Day 10 a.m. – 12 p.m. at Westwood

Varsity: August 27/29 10 a.m. – 11:30 a.m. at Westwood

August 28 Media Day at St. Mary's

August 30 Color Day 10 a.m. – 12 p.m. at Westwood

Men's Soccer



Coach Greg Ross: Ssorgerg@gmail.com

Prep Camp: August 19-22, 5:30 p.m. – 7:30 p.m. at St. Mary's High School

Tryouts: August 26-30, 5:30 p.m. – 7:30 p.m. at

*****Fireman's Field (90 Gould Ave., Depew NY, 14043)*****

Any additional practice info will be passed at practice by coach.



YOU CANNOT PARTICIPATE IF
YOU HAVE NOT FILLED OUT
THE 2 PIECES PRESENT ON
THE NEXT SLIDE!!!!

FALL SIGN UP



INTERVAL HEALTH HISTORY

