# Cheerleading



Coach Jen Van Duzer-Kerns – <a href="mailto:JVanDuzer@smhlancers.org">JVanDuzer@smhlancers.org</a>

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 – <u>Chargers365@aol.com</u> / August Pautler <u>Apautler@smhlancers.org</u>
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.



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 Golt



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)



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



JV Nicole Wightman <a href="https://www.nicole.nico

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



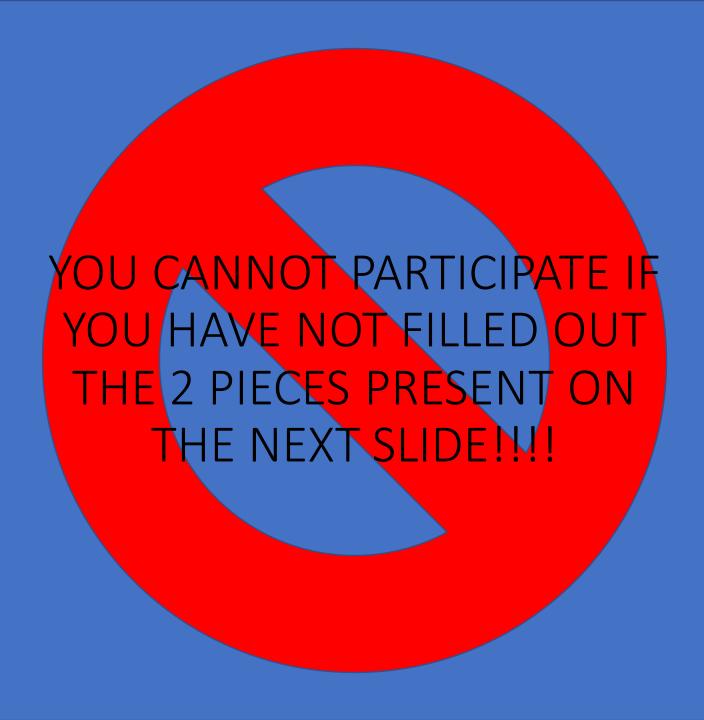
Coach Greg Ross: <a href="mailto:Ssorgerg@gmail.com">Ssorgerg@gmail.com</a>

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.



### FALL SIGN UP

#### INTERVAL HEALTH HISTORY



