

**Mount Saint Joseph High School
Athletic Department 2010 – 2011
Fall Try-out Information and Schedule**

Varsity & JV Cross Country

Date: Try-outs begin for all students @ MSJ Thursday, August 12th and Friday, August 13th.

Time: Practice time is 10:00 am to 11:45 am

Place: Students should meet at the front of the gym on Thursday, August 12th.

Starting Monday, August 16th thru Friday, August 20th practice will be @ Centennial Park (West area, parking lot 3) from 10 to 11:45.

Things to bring: students should wear proper work out clothes, running shoes and bring a water bottle.

Practice Schedule: An updated practice schedule will be given out on the first day of try-outs.

Contact Person: Jack Peach, jpeach@admin.msjnet.edu

Varsity & JV Football

Date: For all seniors, juniors and sophomores – Monday, August 9th – equipment issue, collection of physicals and testing; seniors – 9:00 AM, juniors 9:30 AM, sophomores 10:00 AM. Try-outs begin on Tuesday, August 10th.

Time: Practice time is 8:00 am to 12:00 pm, and 2:00 pm to 4:30 pm.

Place: Students should meet at the gym for sign in and physical check on August 9th.

Beginning Tuesday, August 10th students should bring a lunch and will be on campus until the end of the second practice.

Things to bring: Students should wear purple shorts, tee shirt, tennis shoes and football cleats.

Contact Person: Blake Henry, blakehenry@gmail.com

Freshman Football

Date: Try-outs begin for all freshmen Monday, August 16th.

The following week try-outs will be held Monday the 23rd through Thursday, August 26th.

Time: Practice time is 3:00 pm to 6:00 pm

Place: Students should meet in the gym for a meeting prior to the first practice.

Things to bring: Students should wear proper work out clothes and football cleats.

Students should also bring a water bottle.

Contact Person: Josh Vicchio, jvicchio@admin.msjnet.edu

Soccer Grades 10 - 12

Date: Try-outs begin for all seniors, juniors and sophomores Friday, August 13th and Saturday, August 14th, continuing through the week of August 16th. Friday, August 13th physicals will be collected. Please have a current physical with you.

Time: All practice times are 8:00 am to 10:00 am and 12:00 pm to 2:00 pm.

Place: Students should wear proper work out clothes, shin guards and cleats. Students should also bring a water bottle.

Contact Person: Mike St. Martin, msjsoccer@yahoo.com.

Soccer Grade 9

Date: Try-outs begin for all freshmen on Monday, August 16th and continue through the week. Monday, August 16th physicals will be collected. Please have a current physical with you.

Time: Practice time is 4:30 pm to 6:30 pm

Place: Students will meet in the gym on Monday, August 16th at 4:30 pm. Physicals will be collected at this time, please make sure you have a current physical with you. The rest of the practices, students will meet on the turf field.

Things to bring: Students should wear proper work out clothes, shin guards and cleats. Students should also bring a water bottle.

Contact Person: Mike St. Martin, msjsoccer@yahoo.com.

Varsity & JV Volleyball

Date: Try-outs begin for all students on Wednesday, August 11th.

Try-outs will be held Thursday, August 12th and Friday, August 13th.

Time: Practice time is 9:00 am to 11:30 am

Place: Practice will be held in the gym. Practice schedule for the remainder of August will be handed out at this time.

Things to bring: Students should wear proper work out clothes and should also bring a water bottle.

Contact Person: Sam Bianco, sbianco@admin.msnet.edu

Varsity & JV Water Polo

Date: First meeting will be held on Wednesday, August 11th at 3:30 pm in the gym at Mount Saint Joseph to check physicals and hand out additional practice information. The meeting will last about 45 minutes. Try-outs begin for all new and returning players Monday, August 23rd and conclude on Wednesday, August 25th @ UMBC. All students trying out must be able to complete a swimming set of 8x100 yard freestyle swims and tread with hands out of the water for 3 minutes. Practice begins for the team on Thursday, August 26th.

Time: Practice time is 3:00 pm to 5:15 pm

Place: August 23rd through September 3rd will be held at UMBC's Outdoor Pool, beginning Tuesday, September 7th practices will be held at our home pool CCBC.

Things to bring: In addition to a swimsuit and towel, students should also bring a water bottle.

(Water Polo cont.)

Contact Person: Patrick Underwood, swimgbsa@verizon.net, or
Greg McDivitt, gmcdivitt@admin.msjnet.edu

Practice schedule will be based upon the pool availability at Community College of Baltimore County – home pool (CCBC). Typically practices will be held on Monday, Tuesday, Thursday and Friday. An updated schedule will be handed out at the first meeting on August 11th.

(Please check the MSJ web site at the beginning of August. If there are any changes to the try-out schedule they will be posted at that time.)

Attention All Parents

Mount Saint Joseph requires an annual physical for all athletes. If your insurance only allows a physical every 2 years or if you are not due for a new physical prior to the start of the 2010/11 school year please take advantage of this offer from Kernan's. This will cover the physical obligations needed to meet the requirements for participation in athletics at the Mount.

Physicals

All students must have a current physical examination completed for the school year 2010-2011 before they will be allowed to try-out for a sports team. The completed physical form should be on file with the school nurse prior to the first day of try-outs, or your son may turn in the completed form to Mr. Jon Glover, Athletic Trainer or Mr. Paul Triplett, Athletic Director on the first day of try-outs.

Kernan Sports Medicine will be offering high school physicals. Cost is \$30.00 per physical. Listed are dates and sites for the Kernan physicals.

- | | |
|-------------------------------|---|
| Sunday, June 6, 2010 | 8:30 a.m. – 1:00 p.m. Kernan Physical Therapy Clinic 3104 Lord Baltimore Dr. – Suite 100 Baltimore, Maryland 21244 |
| Sunday, July 25, 2010 | 8:30 a.m. – 1:00 p.m. Central Maryland Rehabilitation 6300 Woodside Court Columbia, Maryland 21046 |
| Sunday, August 8, 2010 | 9:00 a.m. – 1:00 p.m. University of Maryland Sports Medicine College Park, Maryland |

You **must** register for an appointment. **Absolutely no walk-ins.** For more information or to register, call **410-298-0990 ext. 15.** **Limited spaces available, please plan vacations now and call early to register.**

Fall Sportsmanship Meeting

These meetings are mandatory for **all students and a parent** who have made a fall sports team, or who are still in the process of trying out for a fall sports team. **Although Ice Hockey is a winter sport, the sportsmanship and informational meeting will be held during the fall meetings due to the early start date.** All students interested in trying out for Ice Hockey must attend this meeting. Hockey try-outs will begin the first week in October. Attendance will be taken at the meeting. Anyone who cannot attend this meeting must notify Mr. Triplett prior to the meeting. Mr. Triplett can be reached by phone 410-644-3300 ext 212, or by e-mail paul@admin.msjnet.edu.

Fall Sportsmanship Meetings

- | | |
|-----------------------------------|--|
| Tuesday, August 24, 2010 | 4:00 PM – Cross Country 5:00 PM – Football 6:00 PM – Soccer |
| Wednesday, August 25, 2010 | 5:00 PM – Ice Hockey 6:00 PM – Volleyball 7:00 PM – Water Polo |

All Sportsmanship Meetings will be held in the auditorium.