



James I. O'Neill High School ~ Fall Sports 2019
Varsity & JV Sports - Initial Tryout Date is August 19, 2019

Please email Varsity head coach if you are interested in trying out. They will be able to provide you with more detailed information.

Sport	Varsity Head Coach	Email	Cell #	Site	Date	Time
Cheerleading	Kelly Hall	kelly.hall@hffmcsd.org	845-401-4206	TBA	8/19/19	8:00 am
Cross Country	Rob Conklin	robert.conklin@hffmcsd.org	845-596-1523	Bear Mountain	8/19/19	8:00 am
Equestrian	Lindsey Worker	lindseyworker@gmail.com	845-325-4327	Black Bear Ranch	7/9/19	5:45 pm
Football	TBA – Please contact JV Coach Brian Larkin	blarkin52@verizon.net	845-536-1217	W.P Prep School	8/19/19	8:00 am
Boys' Soccer	Ken Hall	kenneth.hall@hffmcsd.org	845-401-8442	H.F.I.S.	8/19/19	9:00 am
Girls' Soccer	Kristin Leska	kristin.leska@hffmcsd.org	845-551-2536	H.F.I.S.	8/19/19	7:00 am
Girls' Tennis	TBA – email AD	debra.crowe@hffmcsd.org				
Volleyball	Katelyn Wilson	katelyn.wilson@hffmcsd.org	845-596-3076	H.F.I.S	8/19/19	7:00am

H.F.I.S – Highland Falls Intermediate School, 52 Mountain Ave, Highland Falls, NY, 10928

FREE SPORTS PHYSICALS are offered in the O'Neill Nurse's Office – August 1st, 2019 7:30-9:30 am & August 8th 7:00-10:00 am. First come, first served. Please fill out the Health History/Sports Physical Form prior to coming for your physical. You can find the forms on the School Nurse's website or there is a link on the opening page of the Athletic website. Website – hffmcsd.org, Athletics tab. The link is found at the top of this page.

Varsity & JV Athletes – Please contact the Varsity Head Coaches for information regarding open gym times, summer workouts and questions regarding tryouts. Tryout schedules/practice times will be communicated at the first tryout.

Go Raiders!