

James I. O'Neill High School ~ Fall Sports 2021
Varsity & JV Sports - Initial Tryout Date is August 23, 2021

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

Sport	Varsity Head Coach	Email	Cell #	Site	Date	Time
Cheerleading	Kelly Hall	kelly.hall@hffmcsd.org	845-401-4206	O'Neill Track	8/23/21	8:00 am
Cross Country	Rob Conklin	robert.conklin@hffmcsd.org	845-596-1523	O'Neill Track	8/23/21	8:00 am
Equestrian	Lindsey Worker	lindseyworker@gmail.com	845-325-4327	Contact coach		
Football	David Moskowitz	david.moskowitz@hffmcsd.org	845-323-2898	O'Neill Back Field	8/23/21	8:00 am
Boys' Soccer	Ken Hall	kenneth.hall@hffmcsd.org	845-401-8442	O'Neill Front Field	8/23/21	9:00 am
Girls' Soccer	Kristin Leska	kristin.leska@hffmcsd.org	845-551-2536	O'Neill Front Field	8/23/21	7:00 am
Girls' Tennis	Rokhsa Michael-Razi	rokhsa68@gmail.com	845-401-4342	O'Neill Tennis Courts	8/24/21	9:30 am
Volleyball	Katelyn Wilson	katelyn.wilson@hffmcsd.org	845-596-3076	O'Neill Gym	8/23/21	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 6th, 2021 7:00-10:00 am & August 20th 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!