

James I. O'Neill High School ~ Fall Sports 2022
Varsity & JV Sports - Initial Tryout Date is August 22, 2022

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	8/22/22	8:00 am
Cross Country	Rob Conklin	robert.conklin@hffmcsd.org	845-596-1523	O'Neill Track	8/22/22	8:00 am
Equestrian	Lindsey Worker	lindseyworker@gmail.com	845-325-4327	Contact coach	TBD	TBD
Football	David Moskowitz	david.moskowitz@hffmcsd.org	845-323-2898	O'Neill Front Field	<u>8/20/22</u>	8:00 am
Boys' Soccer	Ken Hall	kenneth.hall@hffmcsd.org	845-401-8442	O'Neill Back Field	8/22/22	9:00 am
Girls' Soccer	Kristin Leska	kristin.leska@hffmcsd.org	845-551-2536	O'Neill Back Field	8/22/22	7:00 am
Girls' Tennis	Rokhsa Michael-Razi	rokhsa68@gmail.com	845-401-4342	O'Neill Tennis Courts	8/22/22	Contact coach
Volleyball	Katelyn Wilson	katelyn.wilson@hffmcsd.org	845-596-3076	O'Neill Gym	8/22/22	7:00am

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

Athletes must have a valid physical on file with the school nurse to be eligible to tryout. You can find the forms you need to have your private physician fill out 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 that page.

FREE SPORTS PHYSICALS are **NO LONGER OFFERED** in the O'Neill Nurse's Office.

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!