

## Sports Tryouts- Opening Day Schedule

(Dates and times are subject to change)

Please contact coaches with questions regarding tryout times / locations / equipment / etc

<b>Varsity &amp; JV Football</b>	Monday, August 18, 2008	10:30 am – 4:30 pm (Break from 1- 2 pm)
Contact: Coach Zaccardo: <a href="mailto:Tzaccardo@mcquaid.org">Tzaccardo@mcquaid.org</a> 585- 256 - 6189(W) or 585 - 266 - 6021(C)		
<b>Varsity Volleyball</b>	Monday, August 18, 2008	3:00 pm – 7:00 pm
Contact: Coach Parks: <a href="mailto:Cparks@mcquaid.org">Cparks@mcquaid.org</a> or 585-256-6117		
<b>JV Volleyball</b>	Monday August 18, 2008	4:00 pm – 6:00 pm
Contact: Coach Parks: <a href="mailto:Cparks@mcquaid.org">Cparks@mcquaid.org</a> or 585-256-6117		
<b>Varsity &amp; JV Cross Country</b>	Monday, August 25, 2008	9:00 am – 12: 00 pm
Contact: Coach Stewart: <a href="mailto:Tstewart@mcquaid.org">Tstewart@mcquaid.org</a> or 585-256-6162		
<b>Varsity &amp; JV Soccer</b>	Monday, August 18, 2008	3:30 pm - 8:30 pm (Break from 5- 7 pm)
Contact: Coach Wilkin: <a href="mailto:kwilkin@rochester.rr.com">kwilkin@rochester.rr.com</a>		
<b>Novice &amp; Varsity Crew</b>	<i>At the beginning of the school year.</i>	
Contact: Coach Yochum: 585-872-7197		
<b>Varsity Sailing</b>	<i>At the beginning of the school year.</i>	
Contact : Patty Orr 585-425-2097 or Coach Jon Faudrees 342-5511		

### Modified Sports (students entering 7<sup>th</sup> & 8<sup>th</sup> Grade)

<b>Modified B Football</b>	Wednesday, August 27, 2008	4:00 pm - 6:30 pm
Contact: Coach Feeney: <a href="mailto:jfeeney@mcquaid.org">jfeeney@mcquaid.org</a> or 585-256-6193		
<b>Modified Cross Country</b>	Wednesday, September 3, 2008	3:00 pm – 5:00 pm
Contact: Coach Stewart: <a href="mailto:Tstewart@mcquaid.org">Tstewart@mcquaid.org</a> or 585-256-6162		
<b>Modified Soccer</b>	Wednesday, September 3, 2008	3:00 pm – 5:00 pm
Contact Coach Wilkin: <a href="mailto:Kwilkin@rochester.rr.com">Kwilkin@rochester.rr.com</a>		
<b>Modified Volleyball</b>	Monday, September 8, 2008	3:00 pm – 4:30 pm
Contact: Coach Thomey: <a href="mailto:Mthomey@mcquaid.org">Mthomey@mcquaid.org</a>		

(Please note: all dates and times are subject to change, time reflects only the first session, and there may be subsequent sessions later on the same date.)

**After the 1<sup>st</sup> practice date, please direct all questions to coaches.  
Coaches handle all regular and preseason handouts and practice schedules.**

#### **Weight Room Hours (June 9- August 15):**

Monday, Wednesday, & Friday: 9:30 – 11:00 am & 3:00 – 5:30 pm