

Fall HIGH SCHOOL 2025-26 Tryout Schedule

School	Sport	Boys or Girls	Date of First Tryout/Practice	Coaches Name	Coaches Email	Start Time (remember 10/5 rule)	End Time (remember 10/5 rule)	FIRST PRACTICE: (North, East, location of field, gymnasium, lobby, auditorium, little theater, etc.)	PLEASE INDICATE ANY OTHER INSTRUCTIONS: (Clothing, athletic equipment, pencils, footwear, water, towels etc.)
East	Cross Country	Boys	8/25/2025	Joe Orenzo	jorenzo@sachem.edu	8:00 AM	9:30 AM	Meet at baseball field behind East	Water, watches, sneakers
East	Cross Country	Girls	8/25/2025	Daniel Schaub	dschaub@sachem.edu	4:45 PM	7:30 PM	Meet at the Baseball Complex at the top of the hill.	Parent Meeting to start from 500-530, followed by practice 545-730. Running shoes, a healthy snack, water, and some extra dry clothes.
East	Field Hockey	Girls	8/25/2025	Tina Moon	tmoon@sachem.edu	4:45:PM	7:45 PM	Meet in the bleachers on the turf field	Running sneakers, turf shoes, water, stick, mouthguard, shinguards, reversible pinnie
East	Football	Boys	8/18/2025	Ray Pickersgill	rpickersgill@sachem.edu	6:45 AM	10:00 AM	Meet outside the weight room	Black shorts, bring water, cleats, sneakers, change of t-shirt
East	Soccer	Boys	8/25/2025	Matt Stallone	mstallone@sachem.edu	7:00 AM	10:00 AM	Meet outside on grass near the steps at Sachem East	Water, cleats, shinguards.
East	Soccer	Girls	8/25/2025	Glen Monsen	gmonsen@sachem.edu	7:00 AM	10:00 AM	Meet by steps on east side of building by 7am	Bring water, cleats, & shinguards
East	Volleyball	Boys	8/25/2025	Robert Regan	rregan@sachem.edu	7:30 AM	10:00 AM	Meet in Main Gym	Bring Water and extra T-Shirts
East	Volleyball	Girls	8/25/2025	Amanda Schmohl	aschmohl@sachem.edu	7:30 AM	10:00 AM	Meet in Main Gym	Bring both running and volleyball sneakers, lots of water, and whatever volleyball equipment you wear to play (kneepads/sleeves etc..)
Combined (at East)	Golf	Boys	8/25/2025	Anthony Falco	afalco8@sachem.edu	8:00 AM	11:00 AM	Meet at Middle Island CC	TBA
Combined (at East)	Gymnastics	Girls	8/25/2025	Mike Nowakowski	nowa1158@yahoo.com	8:00 AM	10:00 AM	Meet in East HS small gym	Bring water, leotard and grips
Combined (at East)	Swimming/Diving	Girls	8/25/2025	Jamilee Jones	jjones@sachem.edu	7:00 AM	9:00 AM	Sachem East Pool Deck	Wear your bathing suit! Bring cap, goggles, fins, towel and water bottle.
Combined (at East)	Tennis	Girls	8/25/2025	Larry Saposnick	Lsaposnick@sachem.edu	8:00 AM	10:00 AM	Sachem East Tennis Courts	Bring Tennis Racket, Wear sneakers, Dress for Tennis, Bring extra waters
North	Cross Country	Boys	8/25/2025	Gary Comstock	gcomstock@sachem.edu	8:00 AM	10:00 AM	Meet in the North End zone of the football field, in the High jump area	Running attire, plenty of water
North	Cross Country	Girls	8/25/2025	Joe Azzato	jazzato@sachem.edu	7:45 AM	10:00 AM	Meet on the Northeast corner of the turf (the corner by the stairs up to the track)	Running clothes and sneakers, water, watch
North	Field Hockey	Girls	8/25/2025	Carly Sharp	csharp@sachem.edu	5:45 AM	9:00 AM	Meet on turf	Running sneakers, turf shoes, water, stick, mouthguard, shinguards, reversible pinnie
North	Football	Boys	8/18/2025	Dave Caputo	dcaputo3@sachem.edu	7:00 AM	10:00 AM	North Basement - Outside Weightroom	Grey T-Shirt, Black Shorts, Sneakers & Cleats
North	Soccer	Boys	8/25/2025	Chris Russo	crusso@sachem.edu	7:45 AM	10:00 AM	Meet at the North grass soccer field bleachers	Bring shin guards, soccer shoes, sneakers, and plenty of water.
North	Soccer	Girls	8/25/2025	Zach Metz	zmetz@sachem.edu	7:45 AM	10:00 AM	Meet at North grass soccer field	Bring sneakers, cleats, shin guards, water.
North	Volleyball	Boys	8/25/2025	Matthew Rivera	mrivera5@sachem.edu	7:30 AM	10:00 AM	Meet in back gym	Bring water bottles
North	Volleyball	Girls	8/25/2025	Wendy Parente	wparente@sachem.edu	7:00 AM	10:00 AM	North Main Gym	Bring water and volleyball attire (kneepads, courtshoes, etc)