

Sycamore Junior High Fall Sports Start Dates 2023

Coed Cross Country

Coach Meredith Hromadka hromadkam@sycamoreschools.org

Mandatory practices begin on Tuesday Aug 1st from 8-9:30 at Swaim Park. Optional runs will take place on Tuesdays and Thursdays starting July 6th at Pioneer Park from 8-9 am.

Football

Coach Andy Winkle winklea@sycamoreschools.org

July 31	8:30-11:00 (equipment handout, conditioning)	
Aug 1-4	Practice	8:30-11
Aug 7-11	Practice	8:30-11
Aug 14-16	Practice	8:30-11
Aug 17	Scrimmage	4:30, 5:30 @ Liberty
Aug 18	Practice	8:30-11
Aug 21	After school practice: 3:15-5:15	

Girls Soccer

Coach Lindsay Brinck brinckl@sycamoreschools.org

Aug 1	1st Day of Conditioning	8-10 am
Aug 2	1st Day of Tryouts	8-10 am
Aug 3	2nd Day of Tryouts	8-10 am
Aug 4	No Practice	
Aug 7-11	Practice	8-10 am
Aug 14-18	Practice	8-10 am
Aug 21	After School Practice	3:30-5

Note: Attendance is mandatory for all tryout and practice dates!
Practices will be held at Grooms Field

Boys Soccer

Coach Peter Tanaka tanakak@sycamoreschools.org

Aug 1	1st Day of Conditioning	8-10 am
Aug 2	1st Day of Tryouts	8-10 am
Aug 3	2nd Day of Tryouts	8-10 am
Aug 4	No Practice	
Aug 7-11	Practice	8-10 am
Aug 14-18	Practice	8-10 am
Aug 21	After School Practice	3:30-5

Note: Attendance is mandatory for all tryout and practice dates!
All practices will be held at Grooms Field

Volleyball

Coach Tom Villani 7th villanit@sycamoreschools.org

Coach Abby Cydrus 8th cydrusa@sycamoreschools.org

July 20, 25, and 27 Open Gym, 9:30-11:30

Aug 1--4	Volleyball Tryouts	7th Grade 10-12	8th Grade 8-10
Aug 7-11	Volleyball Practice	7th Grade 10-12	8th Grade 8-10
Aug 14-18	Volleyball Practice	7th Grade 10-12	8th Grade 8-10
Aug 21	Start of After School Practices	3:15-5 for both teams	

Note: Attendance is mandatory for all tryout and practice dates.
For the months of July and August practices and scrimmages will be held
At Greene School.

Tennis

Coach Rose Endreola endreolar@sycamoreschools.org

Aug 7-11	Tennis Tryouts	9-11 am	Weller Park
Aug 14-18	Tennis Practice	9-11 am	Weller park
Aug 21	Start of After School Practice	3:30-5	

Note: Attendance is mandatory for all tryout and practice dates.

Girls Golf

Coach Paul Alexander spalex101@hotmail.com

Aug 1-4 Tryouts will begin. TBA

Note: Attendance is expected for all tryout and practice dates. Exceptions should be pre-arranged with Coach Alexander.

Boys Golf

Coach Steve McDonough stevej.mcdonough@yahoo.com

Aug 7-11 Tryouts will begin. TBA

Note: Attendance is mandatory for all tryout and practice dates.

Cheer

Lindsay Altemuehle lindsay@covintonyard.com

Stacy Lawrence 8th stac_mcdowell@yahoo.com

May 8,9 Cheer Clinic 3:30-5:30 Greene School

May 10 Cheer Tryouts 3:30-5:30 Greene School

Note: Attendance is mandatory for all tryout and practice dates.