

## 2024-2025 East Fall Try-Out Information

Boys Cross Country – Coach Peter Schieck ([pschieck@smithtown.k12.ny.us](mailto:pschieck@smithtown.k12.ny.us)) 631-708-5772  
2016, 2017, 2018, 2019 Suffolk County Champions  
2017, 2018, 2019, 2020, 2021, 2022, 2023 League I Champions

Welcome to Smithtown Cross Country! We are currently recruiting athletes of all ability levels. We promote cross country as a team running sport, and the boys work together and create bonds that last well beyond high school. Running is also a lifetime activity that can be enjoyed virtually anywhere. Athletes who participate in other sports can use cross country as a fitness springboard. The team is combined with HSE and HSW athletes, and the boys enjoy lasting friendships with their teammates on the other side of town. If your son is interested, the season begins on 8/24 and continues until early November. Please see below for important information for the summer and fall.

### **Remind Group:**

Join the remind.com group for details by texting @sbxc24 to 81010. I text information/updates regularly throughout the summer and fall.

### **Summer Training:**

Starting on July 8th, we will have optional meetings throughout the summer every Monday, Wednesday, Friday at 8-9:15 AM at NYA, and Saturday 8-9:30 AM at Sunken Meadow.

### **Booster Club Camp (8/19-8/23):**

Register here. We use this as a springboard for our season. Much of the entry fee comes back to the team to use for gear, food, drink, etc.

<https://www.smithtownboosterclub.com/>

### **First Week of the Season:**

Monday, 8/26/24, at NYA from 8:00-10:00 AM

Tuesday, 8/27/24 at NYA 8-10 AM (Varsity Returns to Sunken Meadow at 6PM)

Wednesday, 8/28/24 at NYA 8-10 AM

Thursday, 8/29/24 at NYA 8-10 AM (Varsity Returns to Sunken Meadow at 6PM)

Friday, 8/30/24 Off

Saturday, 8/31/24 at Sunken Meadow 8-10 AM

Sunday, Off

\*Bring water/sports drink, running shoes, yoga mat or towel, running watch.

### **Cross-town Travel:**

Once school starts, our schedule is as follows: Monday and Friday at East, Tuesday and Thursday at Sunken Meadow, Wednesday at West. There will be a shuttle bus across town when we practice at the schools. There is no return bus to the schools after practice when we practice at the schools. There is a return bus for all Sunken Meadow practices. Saturday practice venue varies from week to week.

**Boys' Golf – Coach Woods ([rwoods@smithtown.k12.ny.us](mailto:rwoods@smithtown.k12.ny.us))**

Organizational meeting will be held on August 26th outside the Smithtown Landing clubhouse at 3:00 pm. We will explain try-out procedures, and answer any questions that you might have. (No clubs necessary for this meeting.)

Try-outs for the boys' varsity and junior varsity golf team will be on August 27th, 28th, September 3rd and 4th at Smithtown Landing Country Club.

Please dress appropriately. Collared shirts must be tucked. Hat or visors must be worn straight. You must wear a belt. Jeans, sweat pants, cargo shorts or tee shirts of any sort are not permitted.

Please make sure that you are medically cleared to play using Final forms.  
<https://smithtowncentral-ny.finalforms.com/>

Please email Coach Woods with any questions or concerns.  
[rwoods@smithtown.k12.ny.us](mailto:rwoods@smithtown.k12.ny.us)

**Boys Soccer – Coach Menendez ([mmenendez@smithtown.k12.ny.us](mailto:mmenendez@smithtown.k12.ny.us))**

August 26-30. 8am-10am and 5pm to 7pm (as needed)

**Boys Volleyball – Coach Preston ([rpreston@smithtown.k12.ny.us](mailto:rpreston@smithtown.k12.ny.us))**

Monday, 8/27 7:30 am – 10:00 am and 5:00 pm – 7:00 pm

Tuesday, 8/28 8:00 am – 10:00 am and 5:00 pm – 7:00 pm

Wednesday, 8/29 8:00 am – 10:00 am and 5:00 pm – 7:00 pm

**Cheerleading – Coach Halloran ([sevarsitycheerleading@gmail.com](mailto:sevarsitycheerleading@gmail.com))**

*Monday August 26 8-10am*

*Tuesday August 27 8-10am*

*Tuesday August 27 5-7pm*

Nesconset Elementary School

Attire: White t-shirt with red shorts. Hair pulled back away from face. Proper cheerleading sneakers for all THREE tryout sessions. Please bring a water bottle with your name on it.

**\*\*first practice will be on August 28th for both junior varsity and varsity\*\***

**Field Hockey – Coach Eye ([ceye@smithtown.k12.ny.us](mailto:ceye@smithtown.k12.ny.us))**

Dates: August 26th-August 30th

Time: TBD

Location: East Turf

Equipment: All players should bring a stick, mouth guard, shin guards, turf shoes, sneakers, sunscreen and water.

All student athletes should be registered on Final Forms prior to 8/26.

<https://smithtowncentral-ny.finalforms.com>

Join our EAST FH Google Classroom Code for all field hockey related information

Code: K7yhurl

**Football – Coach Bennardo & Coach Busold (dbusold@smithtown.k12.ny.us)**

Smithtown East Football will begin on Monday 8/19.

7:30 am – 10:00 am and 5:30 pm – 7:30 pm

Will need cleats, a lock, and a water bottle

Please make sure that you are cleared on final forms.

**Girls Cross Country - Coach Bayne (RiseAgain82@aol.com)**

Season Starts August 26th

Monday, Wednesday & Friday @ East at 8-10 am

Tuesday, Thursday & Saturday @ West at 8-10 am

The week of September 2nd

Monday, Wednesday, Friday & Saturday @ East

Tuesday & Thursday @ Sunken Meadow Park in Field 4! (Picnic Area)

Please join the remind group by texting the #81010 the following code @2024smi

**Girls Gymnastics – Coach Berroyer (jberroyer@smithtown.k12.ny.us)**

**Tryouts: @ HS East**

8:00-10:00 am 8/26, 8/27, 8/28, 2/29, 8/30, 8/31, 9/3, 9/4,

2:45-4:45 pm 9/5 and on

First competition is 9/10- in order to be eligible to compete in that meet, the gymnast needs at least 10 practices prior.

**Girls Soccer – Coach Hereth (jhereth@smithtown.k12.ny.us)**

- Date/Time: August 26th with the possibility of going through the 30th.

- Arrive by 6:30am for check-in on Monday. Meet outside the storage closet - across from the baseball field.

- All other mornings meet at the storage closet by 6:45. Put on SHIN GUARDS / SHOES and be ready by 7:00am.

- Be prepared to attend tryouts Monday-Friday 7am-10am

\*Although we may not need the full 3 hour sessions as the week progresses\*

- Location: HS East grass soccer fields

- Equipment: Cleats, running sneakers, shin guards, and water.

- Please join the REMIND, as there will be information posted. **Send a text to 81010...text this message: @gk82fc**

Google classroom page...aik33rf

**\*CLEATS, SNEAKERS, SHIN GUARDS AND A SHIRT WITH YOUR LAST NAME ARE REQUIRED EVERYDAY\***

**Girls Swimming – Coach Montalvo (smonte1224@gmail.com)**

8/26 @ Hauppauge High School

730-9am Divers

4-545pm Swimmers

### Girls Tennis –

First Day is Aug. 26 7:30 - 9:30AM SHSE Tennis Courts

You do need a certain amount of practices prior to playing in a match, so it is important to make all days.

Mandatory Equipment: Tennis Sneakers and a Tennis Racquet, Sunblock and plenty of Water

### Girls Volleyball – Coach Alamia ([galamia@smithtown.k12.ny.us](mailto:galamia@smithtown.k12.ny.us))

- REMIND PAGE INFO FOR SUMMER 2024 - SEND TEXT TO 81010 TEXT THIS MESSAGE @SUMMEREAST
- TRYOUT DATES/TIMES: MONDAY 8/26 - 7:30AM-10AM/5:30PM-7PM  
TUESDAY 8/27 - 7:30AM-10AM/5:30PM-7PM  
WEDNESDAY 8/28 - 7:30AM-10AM
- TEAMS WILL BE SELECTED WEDNESDAY AFTER MORNING TRYOUT
- OPEN GYMS/CAMPS ETC.. WILL BE POSTED ON REMIND APP
- ANY MORE INFO PLEASE CONTACT COACH ALAMIA - [GALAMIA@SMITHTOWN.K12.NY.US](mailto:GALAMIA@SMITHTOWN.K12.NY.US)

### KICKLINE PROGRAM

#### “25X National Small High Kick Champions”

**Coaches: Varsity Sarahbeth Cook & Michele Marciante**  
[scook@smithtown.k12.ny.us](mailto:scook@smithtown.k12.ny.us) [mmarciante@smithtown.k12.ny.us](mailto:mmarciante@smithtown.k12.ny.us)

Welcome to our try out information page. All the information listed below, will help prepare your child for a smooth tryout process, with the needed effort put forward. If you have any questions for either coach please feel free to leave us a message at the athletic office or email us. We will get back to you as soon as we can. We look forward to seeing everyone at tryouts. Good luck and enjoy your summer!

#### TRYOUT INFORMATION

**NOTE:** *The Smithtown East Whisperette program begins in August and runs till mid-March. We are a competitive sport attending both local and national competitions throughout the season. Our program requires a full-time commitment. A waiver will need to be signed stating that both you and your child understand the requirements in order to become a member of this program. No previous spot is guaranteed! Everyone must audition, even a previous team member. More information will follow.*

***\*Students MUST have a cleared Sports Physical in order to participate!\****

DATE	TIME	LOCATION
Mon. 8/19	5:00-8:00PM	HS East Old Gym
Tues. 8/20	5:00-8:00PM	HS East Old Gym
Wed. 8/21	5:00-8:00PM	HS East Old Gym

### Parent Meeting

**Tuesday, August 20th 4:30PM**

*\*At least one parent must attend this meeting to go over program rules and expectations. Waivers will be signed during this time\**

All girls must attend and participate in **ALL** daily practices to be eligible to audition on the final day of tryouts (**Wed. 8/21**). That is the day the girls will be judged on the routine they have learned.

### **REQUIREMENTS**

- You must be entering 9th grade to tryout for both teams.
- Have a cleared sports physical.
- Both team members AND parents must be committed and support the Whisperette schedule and rules.
- You must hand in the parent/student contract to audition on the final tryout date. You will not be permitted to tryout without it. No excuses.
- You **MUST** have fun and LOVE being a Whisperette 😊.

### **KICK:**

- You must have a right and left split in order to make the Varsity team. A right split is required for J.V. (L split is highly recommended).
- You must be able to do a leg lift and jump split for both teams.
- You must be able to do a **headstand** and **headspring** for **Varsity**. A **headstand** is required for **J.V.** (headsprings are highly recommended).  
***\*You must be close/show POTENTIAL in mastering all of these skills mentioned above in order to make a team.\****
- There will be some acrobatic choreography taught for certain routines. Team members will be trained by professionals in our gymnastics room or be asked to attend gymnastics class to master these moves in a safe environment. Once the choreography is mastered we will continue in our normal practice area. Anyone not comfortable performing these moves should consider if becoming a competitor is the right choice for them.

### **DANCE:**

- Required Turns
  - Right side, double/triple (2/3) pirouette
  - Left side, double/triple (2/3) pirouette
- Turn Combo
  - Prep 6, 7, plié 8
  - Four a la seconds, opening on 1, 3, 5, and 7, plié 8 double/triple turn 1-3
- Required Leaps
  - Right jeté
  - Left jeté
  - Right open second leap
  - Left open second leap
  - Right Calypso
  - Left Calypso
- Optional Advanced Skills
  - Front Walkover
  - Back Walkover
  - Aerial (right, left, or both)
  - Front Aerial
  - Kip Up
  - Additional advanced turn combos, jump/leap combo

### **IMPORTANT TIPS FOR TRYOUTS**

- Stretch everyday prior to tryouts, daily.
- Work on building your stamina by some kind of cardio workout.
- Bring plenty of water daily and a towel to stretch on.
- Please bring any inhalers or meds if needed.
- You MUST have a **CLEARED sports physical**. This needs to be DONE (clearance) before tryouts begin, NOT the day of. No exceptions will be made. You will not be permitted to tryout without this.
- HAVE FUN! ☺

**DRESS REQUIREMENTS: *for Wednesday the 21st only***

- Black fitted Tank Top
- Black shorts (no writing on them)
- Black tights (full tights, no ankles showing)
- Black Jazz booties (please borrow before buying)
- Hair must be in a low bun, middle part. Please pin any loose hair away from your face.
- Light make-up, enough to brighten your face
- **NO JEWELRY!**
- SMILES ☺

**WHAT TO BRING:**

- Water Bottle
- Yoga Mat/Beach Towel
- Ankle Weights (2.5lbs each weight 5lbs. TOTAL- ***Yes4All- found on Amazon***)
- Resistance Bands (***Fit Simplify- found on Amazon***)
- Yoga Blocks (If you have)
- Hand Sanitizer

*Official practice for both Varsity & JV will start August 22nd. Each team will receive their full season schedule during summer practice.*

In order for our program to run consistently and successfully

**DAILY, WEEKEND AND HOLIDAY PRACTICES ARE MANDATORY TO PARTICIPATE IN THIS PROGRAM.** More information and scheduling will follow.

***Varsity Camp:* Please bring a Towel and Water**

Camp is when the girls will be learning some of their performance/competition routines ☺

***8/22, 8/23, 8/26 & 8/27***

TIME: Please hold 7:00-10:00 AM & 5:00-8:00PM

LOCATION: TBA

***Varsity Summer Practice Schedule:* Please bring a Towel and Water**

*Begins on Monday 8/28-8/31*

TIME: TBD

LOCATION: **BACK FIELDS (Boys Phys. Ed Office)**

***Varsity Fall Practice Schedule:***

*Begins on Monday 9/9*

**TIME:** Please hold 3:30-7:00PM (***Practice will be 2 and a half hours within that time block***)

\*Remainder of the schedule will be given out during Summer Practice.

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**SEVK Whisperettes**

School Sports Team

Smithtown East Varsity Kickline 22X National Champions Coached By: Sarahbeth Cook