



## **ATHLETICS**

**Fall Season: September to November**

**Winter Season: November to February**

**Spring Season: March to June**

| <b>TEAM</b>                     | <b>SEASON</b>        | <b>STAFF CONTACT</b>                          |
|---------------------------------|----------------------|---|
| Baseball (Varsity Boys)         | Fall Season          | Mr.Ebel, Mr..Hrycenko                         |
| Basketball (Junior Girls)       | Fall Season          | Ms.Adachi, Mr.VanHarten                       |
| Basketball (Senior Girls)       | Fall Season          | Ms.Spadafora, Ms.Wilson                       |
| Cross Country                   | Fall Season          | Ms. Walker, Ms. Hanowski, Ms. Adam            |
| Field Hockey Team (Girls)       | Fall Season          | Ms.Brown, Ms.Power, Ms.Dube, Ms.Costanzo      |
| Flag Football (Grade 9)         | Fall Season          | Mr. Olah                                      |
| Flag Football (Girls Varsity)   | Fall Season          | Ms.Adachi, Mr.Nurmi, Ms.Costanzo              |
| Golf (Varsity)                  | Fall Season          | Mr.Meyer                                      |
| Soccer (Grade 9 Girls)          | Fall Season          | Ms. Flynn                                     |
| Soccer (Grade 9 Boys)           | Fall Season          | Mr.Monaghan                                   |
| Swim Team                       | Fall/Winter Season   | Ms. Miller, Ms. Martin, Ms. Green, Ms. Walker |
| Tackle Football (Varsity)       | Fall Season          | Mr. Olah                                      |
| Tennis (Junior/Senior)          | Fall Season          | Ms.O'Leary                                    |
| Ultimate Frisbee                | Fall/Spring Season   | Mr.Hyrcenko                                   |
| Volleyball (Junior Boys)        | Fall Season          | Mr.Francis                                    |
| Volleyball (Senior Boys)        | Fall Season          | Mr.Christie                                   |
| Badminton (Junior)              | Winter/Spring Season | Ms.Miller                                     |
| Badminton (Novice)              | Winter/Spring Season | Ms.Miller                                     |
| Badminton (Senior)              | Winter/Spring Season | Mr.Wrona                                      |
| Basketball (Junior Boys)        | Winter Season        | Ms.Spadafora, Ms.Flynn                        |
| Basketball (Senior Boys)        | Winter Season        | Mr.Francis, Mr.Meyer                          |
| Hockey (Varsity Boys)           | Winter Season        | Mr.Olah, Mr.Harrison                          |
| Hockey (Varsity Girls)          | Winter Season        | Ms.Power                                      |
| Beach Volleyball (Co-Ed Junior) | Spring Season        | Mr. Christie                                  |
| Beach Volleyball (Co-Ed Senior) | Spring Season        | Mr. Christie                                  |
| Orienteering                    | Spring Season        | Ms. Walker, Ms. Adam                          |
| Slow Pitch (Varsity Girls)      | Spring Season        | Ms.Power, Ms.Adachi, Mr.Christie              |
| Soccer (Varsity Boys)           | Spring Season        | Mr.Monaghan                                   |
| Soccer (Varsity Girls)          | Spring Season        | Ms.Wilson, Ms.Ward                            |
| Volleyball (Junior Girls)       | Winter Season        | Ms.Greene, Ms.Costanzo                        |
| Volleyball (Senior Girls)       | Winter Season        | Mr.Christie                                   |
| Waterpolo (Jr/Sr Girls)         | Winter Season        | Ms.Tonogai, Ms.Adachi                         |

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|------------------------------|------------------------------------|-----------------------|
| Waterpolo (Varsity Boys)     | Winter Season                      | Ms.Tonogai, Ms.Adachi |
| Tackle Football (Junior)     | Spring Season                      | Mr. Olah              |
| Performance and Fitness Club | All Seasons Mon-Thurs<br>2:30-4:00 | Mr.Walters            |