



ATHLETICS FREQUENTLY ASKED QUESTIONS

1. How do I sign up to tryout for sports at SJB?

A [FinalForms link](#) will be emailed to the primary parent email on file in early June. **You must choose the 2024-2025 school year.** Only parents/guardians can fill out and set up the FinalForms account. This form is a legal document giving parental/guardian consent for their child to participate.

FinalForms must be submitted prior to trying out. Students will also be emailed consent forms for them to sign as well. Please use a personal student email (different than the parent email). Once school starts you should change the personal student email to their SJB student email address.

The FinalForms link will also be on the website at www.stjohnthebaptistdhs.net.

2. May I participate in more than one sport per season?

Typically, you cannot. There are some exceptions.

3. Do I need a physical to participate in sports?

Yes – *You must have a current physical on file with the nurse to tryout and participate prior to the first day of tryouts. Your FinalForms account status will appear as green if you are cleared.*

4. Can a Freshman be on a Varsity sport?

If an athlete has the ability to compete at a varsity level they may be asked to move up to a varsity team. This is at the discretion of the coach.

5. Do you have Freshman, JV and Varsity teams for all sports?

Most teams have JV and Varsity teams. Some also have Freshman teams. Some teams only field Varsity teams.

6. May I contact a coach?

We encourage all communication to begin with the coach and the athlete directly.

7. When do Fall tryouts start?

*Tryouts are always two weeks prior to Labor Day and will begin this year on **August 19, 2024** with the exception of **football which will begin on August 15, 2024.** Dates will vary by sport. Please check the Tryout Schedule which is posted on the SJB website in June. You can view the list at www.stjohnthebaptistdhs.net on the athletics page. You must be at tryouts to participate in a Fall sport.*

8. Is there a set number of athletes for each team?

The number of athletes varies from team to team. It depends on how many skilled players try out.

9. Will there be late buses and transportation to games?

Transportation will be provided by SJB to/from the majority of games during the week. Late buses after practice are provided by your home Public School District once school begins in September. Contact your home public school district transportation office to see if your child will get a late bus.

10. What do I need to provide for my child to try out?

Athletic attire/sport specific equipment (ex: tennis racquet, lax stick, badminton racquet, hockey equipment, etc.) and drinks are required for tryouts.

11. I signed my child signed up on FinalForms for a sport and now they want to change to a different sport. Can I do that?

Yes – *please call Mrs. Dunn at 631-587-8000 x164 and she can make that change for you.*

12. What is the commitment for each sport?

Athletes are expected to be at all practices and games. This includes weekends and holidays/school breaks. You are representing SJB and your team is counting on you!

SJB Summer Sports Camps will run July 1, 2024 - August 1, 2024. It is a great opportunity to meet our players, coaches and showcase your skills. Sign up now at www.stjohnthebaptistdhs.net.

Let's Go Cougars!!

Please contact Athletics at 631 587-8000 x 164 with specific questions.





INFORMATION CONCERNING FALL SPORTS - 2024

1. All student athletes need to have a valid physical and immunizations on file in the Nurses office prior to tryouts.
2. **Tryouts will begin on Monday, August 19th** for most sports. Football will begin on Thursday, August 15, 2024. Dates and times will be posted on the SJB website stjohnthebaptistdhs.net **Athletics page** in June but please keep in mind many tryout times are in the morning and athletes are expected to make it to all tryouts without exception.
All **Fall** sports offered at SJB are:
Girls: cheerleading (2 seasons), cross-country, soccer, swimming, volleyball, tennis, crew, kickline (2 seasons), equestrian and sailing
Boys: cross-country, football, soccer, crew, sailing and equestrian
3. Tryouts and practices will be every day and may also be conducted over the weekends (No team can practice 7 days in a row). Once school begins, practice will be every day and may require a day on the weekend. Athletes are expected to be at all practices.
4. Most teams will be picked within the first week.
Please understand that at the interscholastic level – NYS starts the Fall season on Monday, August 19th – State law requires a certain number of practices, and all competition begins the week of September 2nd, therefore Fall sports must start this early.
This is a much bigger commitment then CYO, AAU or Summer-Winter league teams. Every student athlete needs to consider the time commitment, and every student athlete will be held academically responsible for maintaining the average as outlined in the Student Handbook, plus pass all required subjects – as academics are the #1 priority at St. John's.
5. Your child is required to have the basic necessary items for their individual sport and should bring a drink with them for the tryout/practice sessions in August.
6. Your child should be trying out for one sport, and one sport only. If they do not make a team, they may try out for another sport (if available), again adhering to the time constraints and NYS requirements for participation.
7. Please be advised that there is a minimum athletic fee of \$250.00 for Varsity/JV/Freshman teams. This fee is collected once your child has been selected for the team, and fees may be subject to change.
8. All correspondence will be between the coaches and the athletes. Please ensure that your child has provided the coach with their email.

For athletes interested in Winter or Spring Sports –
Information will be available prior to that particular season during school and on the SJB website:
stjohnthebaptistdhs.net

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