

FALL 2023
1st Practice/Tryout Dates

Team	Coach	Date, Time, & Location of 1st Practice
Varsity Football	Trait Smith tsmith@lockportschools.net	8/21 12:00 - 4:30 EBIS Football field
JV Football	Robert Stuewe rstuewe@lockportschools.net	8/21 12:00 - 4:30 EBIS Football Field
Mod Football	Matthew Vermette mvermette@lockportschools.net	8/21 12:00-1:30pm AMJH
Football Varsity Cheerleading	Jackie McClain jrclare26@gmail.com	Tryouts: 8/21 1-4pm LHS West- Gym
Football JV Cheerleading	Alyssa Harris aharris@lockportschools.net	Tryouts: 8/21 1-4pm LHS West- Gym
Cross-Country—Varsity	Tim Willett twillett@lockportschools.net	8/21 12:00-2:30pm LHS Fitness Center
Cross-Country—JV	Jeff Schmidt jschmidt@lockportschools.net	8/21 12:00-2:30pm LHS Fitness Center
Cross-Country-Modified	Pat Seidel pseidel@lockportschools.net	8/29 8-9:30 Aarom Mossell (near track)
Golf	Louis Cicone lcercone@lockportschools.net	8/21 12:00pm @Niagara County Golf Course *Please note this change as of 8/9
Varsity Boys Soccer	Anthony Molinaro amolinaro@lockportschools.net	8/21 3:00-4:30pm LHS Turf *Please wear a white shirt
JV Boys Soccer	Jeff Luskin jluskin@lockportschools.net	8/21 3:00-4:30pm LHS Turf *Please wear a white shirt

Mod Boys Soccer	Jeff Hulshoff jhulshoff@lockportschools.net	8/29 9:00-10:00 8/28 2:00-3:00pm @ Mossell *Please note this change as of 7/31 *Please note this change as of 8/22
Varsity Girls Soccer	Phyllip Stallard pstallard@lockportschools.net	8/21 12:30-2:00 @ LHS Turf
JV Girls Soccer	Laura Scapelliti lscapelliti@lockportschools.net	8/21 12:30-2:00 @ LHS Turf
Mod Girls Soccer	Jill Runfola jrunfola@lockportschools.net	8/23 8:00-9:30 @ mossell
Varsity Girls Swim	Ron Zugelder rzugelder@lockportschools.net	8/21 4:00-6:00pm @ LHS Pool
JV Girls Swim	Bethany Miller bmiller@lockportschools.net	8/21 2:30-4:00 pm @ LHS Pool
Girls Diving	Wayne Shutt wsscuba@outlook.com	TBA
Girls Tennis	Tim Trotter ttrotter@lockportschools.net	8/21 12:00-1:30 LHS Tennis Courts
Varsity Boys Volleyball	Elizabeth Smorol esmorol@lockportschools.net	8/21 LHS- East Gym @ 12:30-3:00 pm
JV Boys Volleyball	Tyler Sieczkarek tsieczkarek@lockportschools.net	8/21 LHS- East Gym 12:30-3:00pm.
Mod Boys Volleyball	Karen Catalano kcatalano@lockportschools.net	TBA
Varsity Girls Volleyball	Steve Kojza skojza@lockportschools.net	8/21 LHS- West gym - 12:30 - 3pm
JV Girls Volleyball	Jill Ruffino jruffino@lockportschools.net	8/21 LHS- West gym - 12:30 - 3pm

Mod Girls Volleyball	Jill Dahlberg jdahlberg@lockportschools.net	TBA
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