

**VOORHEES HIGH SCHOOL**  
**SPRING SPORTS PRACTICE & TRYOUT INFORMATION 2022-2023 SCHOOL YEAR**

- All signups will be done through ASPEN which is open on February 9th.
  - All other prospective spring athletes must have a valid physical dated within a full calendar year prior to their sport's first practice.
    - All Paperwork should be submitted by March 1st to ensure everything is processed on time for the first practice.
- All coaches can be reached via email or you can contact the Athletic Department at 908-638-2107.
  - Each coach's email is structured with his or her first initial and last name, followed by "nhvweb.net". Example: Carmen Cook is [ccook@nhvweb.net](mailto:ccook@nhvweb.net)

| <b>SPORT</b>                  | <b>COACH</b>     | <b>STARTING DATE</b> | <b>PRACTICE<br/>TIME &amp; LOCATION</b> | <b>PRESEASON MEETING<br/>(Date / Location / Time)</b> |
|-------------------------------|------------------|----------------------|-----------------------------------------|-------------------------------------------------------|
| Baseball                      | Cory Kent        | March 16th*          | 3:10 - Baseball Field                   | 2/23 - Room 313 / 2:30                                |
| Softball                      | Cara Montferrat  | March 16th*          | 3:10 – Softball Field                   | 2-16 / Room 135 / 2:30                                |
| Boys Lacrosse                 | Nick Perkalis    | March 16th           | 3:00 – 5:30 Turf                        | 2-15 / Room 250 / 2:30                                |
| Girls Lacrosse                | Maria Miller     | March 16th           | 5:00 - Turf                             | 2-23 / Room 247 / 2:30                                |
| Boys Spring<br>Track & Field  | David Raupp      | March 16th           | 3:10 – Track                            | 2-16 / Room 247 / 2:30                                |
| Girls Spring<br>Track & Field | David deWolfe    | March 16th           | 3:10 – Track                            | 2-16 / Room 250 / 2:30                                |
| Boys Tennis                   | Ricky Kurtz      | March 13th           | 3:10 – Tennis Courts                    | 2-13 / Room 160 / 2:30                                |
| Boys Golf                     | Kevin Schafer    | March 16th           | 3:10 – High Bridge Hills Golf Course    | 2-13 / Room 250 / 2:30                                |
| Girls Golf                    | Carmen Cook      | March 16th           | 3:10 - High Bridge Hills Golf Course    | 2-22 / Room 250 / 2:30                                |
| Boys Volleyball<br>(JV Only)  | Kelsey Collins   | March 16th           | 3:10 - Main Gym                         | 2-7/Room 210/ 2:30                                    |
| Unified Track &<br>Field      | Rebecca Schaefer | April 3rd            | 2:30 – Track                            | TBD                                                   |

\*Pitchers and Catchers will be allowed to start three days earlier (March 13th)

— All practice locations are subject to change depending on the weather and field conditions. —

**DIRECTOR OF ATHLETICS – Brian Baumann**

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| <b>TRAINERS – Keith Skinner &amp; Steve Syrstad</b>        |
| <b>SCHOOL NURSES – Patricia Tomczyk &amp; Melissa Frey</b> |
| <b>DIRECTOR OF STUDENT ACTIVITIES – Marc McGeehan</b>      |