WINTER 2025-26
1st Practice/Tryout Dates

Team	Coach	Date, Time, & Location of Tryout
Varsity Boys Basketball	Dave Gilson dgilson@lockportschools.net	11/17 3-5pm LHS- West Gym
JV Boys Basketball	Joe Poole jpoole@lockportschools.net	11/17 5-7pm LHS-East Gym
Freshman Boys Basketball	Ralph Knowles locksyouthgroup@yahoo.com	11/20 7-9pm LHS- East Gym
Mod Boys Basketball	Trait Smith tsmith@lockportschools.net	11/20 4:30-6:00 AMJHS Gym
Varsity Girls Basketball	Joe Catalano JCatalano@lockportschools.net	11/17 5-7 LHS- West Gym
JV Girls Basketball	Alyssa Mayers amayers@lockportschools.net	11/17 7-9 LHS West Gym
Mod Girls Basketball	Adam Perilli aperilli@lockportschools.net	11/18 & 11/19 AMJHS Gym 4:30-6:00
Varsity Cheer	Jackie McClain jrclare26@gmail.com	11/17, 11/18 & 11/19 LHSW 3:30-6:30pm
JV Cheer	Alyssa Rusnell arusnell@lockportschools.net	11/17, 11/18 & 11/190 LHSW 3:30-6:30pm
Varsity Indoor Track	Tim Willett (Boys) twillett@lockportschools.net Matt Vermette (Girls) mvermette@lockportschools.net	11/17 Girls & 11/18 Boys LHS Athletic Foyer & Fitness Center (Turf field if weather is cooperative) 3:00-5:00pm Please note- this is Varsity Level ONLY. ALL 7th & 8th graders (boys & girls) please contact Coach Vermette before attending tryouts

Varsity Bowling	**Jennifer Phillips** **jphillips@lockportschools.net**	**Date: November 17th, 18, and 19th.** **Time: 3:30- 5:00** **Location; Allie Brandt Lanes**
Varsity Boys Ice Hockey Combined Team: Lockport/Niagara Falls	**Nick Frame (Niagara Falls)** **nframe@nfschools.net**	**11/17 4:50pm-6:30pm Hyde Park Ice Rink** **11/18-11/20 3:30pm-4:50pm Hyde Park Ice Rink**
Varsity Girls Hockey Combined Team: Kenmore/Grand Island/Lockport	**Heather Lewis** **hlewis@lockportschools.net**	**Date: Monday November 17, 2025** **Time: 4:30-5:20** **Paddock Chevrolet Ice Arena** **Date: Tuesday November 18, 2025** **Time: 8:30-9:30** **Paddock Chevrolet Ice Arena** **Date: Wednesday, November 19, 2025** **Time: 4:00-5:00** **Kenmore Middle School(155 Delaware Rd)Room 326** **Date: Thursday November 20, 2025** **Time: 4:05-5:05** **Paddock Chevrolet Ice Arena**
Varsity Boys Swimming	**John Sullivan** **jsullivan@lockportschools.net**	**Date: Monday, November 17, 2025** **2:30-5:00 PM** **LHS Pool** ***Subject to change based on Girls Swim state meet practice needs.**
JV Boys Swimming	**Bethany Miller** **bmiller2@lockportschools.net**	**Date: Monday, November 17, 2025** **4:30-6:30 pm** **LHS Pool** ***Subject to change based on Girls Swim state meet practice needs.**
Varsity & JV Boys Diving	**John Sullivan** **jsullivan@lockportschools.net** **Wayne Shutt** **wsscuba@outlook.com**	**Date: Monday, November 17, 2025** **5:00-6:30 PM** **LHS Pool** ***Subject to change based on Girls Swim state meet practice needs.**
Mod Boys & Girls Swimming	**Hayley Tasselmyer** **htasselmyer@lockportschools.net**	**Date & Time: TBA** **LHS Pool** **A bus will be provided to take the swimmers from AMJHS to LHS. Parents are responsible to take swimmers home.**

	Suzanne VanSice svansice@lockportschools.net	*Subject to change based on Boys Swim sectional & state meet practice needs.
Varsity Boys Wrestling	Bill Morello, Jr. wmorello@lockportschools.net	11/17 LHS- East Gym 2:30-5pm
JV Boys Wrestling		11/17 LHS- East Gym 2:30-5pm
Varsity & JV Girls Wrestling	Bill Morello, Jr. wmorello@lockportschools.net	11/17 LHS- East Gym 2:30-5pm
Mod Wrestling	Courey Penna cpenna@lockportschools.net Greg Wilson gwilson2@lockportschools.net	11/17 AMJHS GYM 2:45-4:30
Unified Bowling	Dani Hagen dhagen@lockportschools.net	Start Date:January Times and locations TBA