

Central Catholic Athletics

Fall 2022 Tryout/Practice Schedule

ALL student-athletes must be registered on FamilyID AND have a current physical on file at the school. Physicals can be emailed to cgrange@centralcatholic.net.

Times and locations are subject to change. If any changes are made prior to the start of tryouts, changes will be posted on CCHS website and sent to all CCHS students via CCHS email. If you have any questions, please contact Mr. Blaszak or Ms. Grange in the athletic office.

Director of Athletics

Mr. Zach Blaszak

zblaszak@centralcatholic.net

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Assistant Director of Athletics

Ms. Casey Grange

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(978) 682-0260 ext. 640

Fall Sports

[Cheerleading \(tryout required\)](#)

[Boys Cross Country](#)

[Girls Cross Country](#)

[Field Hockey \(tryout required\)](#)

[Football](#)

[Golf \(tryout required\)](#)

[Boys Soccer \(tryout required\)](#)

[Girls Soccer \(tryout required\)](#)

[Girls Swim & Dive](#)

[Girls Volleyball \(tryout required\)](#)

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Cheerleading

Head Coach: Mrs. Ashley Hashem ahashem@centralcatholic.net

Practice Location:

- Central Catholic H.S.- Baroni Hall

** Try-outs were held in June 2021. However, anyone who missed the June tryout should contact Coach Hashem.**

Practice Information

Monday August 22: 4:30pm-7:00pm

Tuesday August 23: 4:30pm-7:00pm

Thursday August 25: 4:30pm-7:00pm

Friday August 26: 4:30pm-7:00pm

Boys and Girls Cross Country

Boys Head Coach: Mr. Rob Benedetto

rbenedetto@centralcatholic.net

Girls Head Coach: Ms. Colette Madore

cmadore@centralcatholic.net

Practice Location: (Meet at CCHS)

- Lawrence Reservoir (Home Course)
Reservoir Street and Ames Street
Lawrence, MA

Boys

August 22-Aug 27: 8:00am-10:00am. Meet on gym steps.

Aug 27: Informational meeting for parents at 10:00am

Aug 29: 8:00am-10:00am

Girls

All runners will need a good pair of running sneakers and should be already dressed and ready to run. Runners should wear a running watch. Runners should bring water/sports drinks for before and after practice hydration. Runners should also bring a carb/protein snack for after practice.

August 22 - August 27: 8:00am-10:00/10:30 (arrive by 7:45am). Meet inside the Memorial Gymnasium

August 29 - September 2: 8:00am-10:100/10:30 (arrive by 7:45am). Meet inside the Memorial

Gymnasium

September 3+5: TBA

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Field Hockey

Head Coach: Mrs. Josselyn Wilson jwilson@centralcatholic.net

Practice Locations:

- UMass-Lowell
Recreation Turf Complex
322 Aiken St. Lowell, MA
- CCHS Turf Field

Make sure to have sneakers, cleats, turf shoes, goggles, mouth guard, shin guards, stick and water at every session

You must attend all sessions in order to be eligible for participation.

Please arrive 15 minutes prior to the start of each session.

August 22: ALL GRADES: 8am – 10am (UMass-Lowell Rec Field)
ALL GRADES: 5pm - 7pm (CCHS TURF)

August 23: ALL GRADES: 8am – 10am (Umass-Lowell Rec Field)
ALL GRADES: 3pm - 5pm (CCHS TURF)

August 24: ALL GRADES: 3 pm-5pm (CCHS TURF)

*Team selection and practice schedule will be announced following the session on Wednesday, August 24.
Cuts will be made if necessary.*

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Football – SO, JV, Varsity

Head Coach: Mr. Chuck Adamopoulos

cadamopoulos@centralcatholic.net

Practice Location:

- CCHS TURF

Date	Time	Other Information
Tue 8/16	4:30 PM	Testing
Weds 8/17	5:00 PM	Equipment Distribution
Fri 8/19	7:30am-10:00am	Helmets only
Sat 8/20	7:30am-10:00am	Helmets only
Mon 8/22	7:30am-10:00am	Helmets only
Tue 8/23	7:30am-10:00am	Helmets and shoulder pads
Wed 8/24	7:30am-10:00am	Helmets and shoulder pads
Thu 8/25	7:30-10:00am AND 1:00pm-2:30pm	AM-Full pads, PM-helmets
Fri 8/26	7:30-10:00am AND 1:00pm-3:00pm	AM-full pads, PM-helmets and shoulder pads
Sat 8/27	8:30-10:00am/at BC High (4:00pm)	AM-helmets only
Mon 8/29	7:30am-10:00am	Full pads
Tue 8/30	vs Xaverian 6:30pm	scrimmage
Wed 8/31	2:30pm-5:30pm	Full pads

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Football - Freshman

Head Coach: Mr. Sully Grella

sgrella@centralcatholic.net

Practice Location:

- CCHS Turf Field

Date	Time	Other Information
Wed 8/17	6:00 PM	Concussion Testing at 6pm, Equipment distribution to follow
Fri 8/19	10:00am-12:00pm	Helmets only
Sat 8/20	10:00am-12:00pm	
Mon 8/22	10:00am-12:00pm	
Tue 8/23	10:00am-12:00pm	
Wed 8/24	10:00am-12:00pm	Helmets and shoulder pads
Thu 8/25	10:00am-12:00pm	Full pads
Fri 8/26	10:00am-12:00pm	Full pads
Sat 8/27	Scrimmage at Haverhill	Scrimmage
Mon 8/29	10:00am-12:00pm	Fulls pads
Tue 8/30	7:30am-9:30am	
Wed 8/31	7:30am-9:30am	

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Golf

Head Coach: Mr. Eric Boucher

eboucher@centralcatholic.net

Tryout location

Atkinson Resort and Country Club

85 Country Club Dr.

Atkinson, NH 03811

All candidates should bring their own clubs and balls. Proper golf attire should be worn including a collared shirt and no jeans.

Friday, August 19th and Saturday, August 20th

All new candidates for the team including Freshman should report to the Atkinson practice green with your clubs by 8:00am Friday and be ready to hit balls soon after. We will be at the driving range for approximately 30 minutes. Unfortunately, not all golfers may be able to play a round of golf as part of tryouts. Those golfers determined to have the best swings on the range will be invited to continue the tryout process by playing 18 holes on the Par 3 Course immediately after the driving range (8:45am) and a possible second 9-hole round on the par 3 course on Saturday at 7:45am. There will be no cost for the driving range. Players should bring \$27 to cover the cost of playing 18-holes on the Par 3 course Friday should you be selected to play. If you are then selected to return and play on Saturday for the 9-holes on the Par 3 the cost will be \$15. The plan is to golf rain or shine if possible.

All members of last year's team will report to Atkinson Practice green on Friday and Saturday to play 18 holes on the par 3 and then 9 holes on the Par 3 course the following day. Friday players will meet at 8:30am(tee times begin at 8:45am) and Saturday at 7:45 am (tee times begin at 8am). The cost for both rounds of golf is \$27 and \$15 respectively and should be brought to the course each day.

For those players who are selected for the team mandatory practices will begin August 22nd and continue Monday-Friday at Atkinson CC the following 2 weeks. Schedule will be as follows:

8/22 Mon. - 1:30pm

8/23 Tues. - 1:30pm

8/24 Wed. - 1:30pm

8/25 Thur. - 1:30pm

8/26 Fri. - TBD

8/29 Mon. - 1:30pm

8/30 Tues. - 1:30pm

8/31 Wed. - Time TBD, Varsity Match

9/1 Thur. - 1:30pm

9/2 Fri. - TBD

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Boys Soccer

Head Coach: Mr. John Sears jsears@centralcatholic.net

Tryout Location:

- CCHS Turf Field

All candidates must bring a white, red & navy shirt as well as a ball, shin guards, cleats and water to all tryouts sessions.

August 22: 7:00pm-9:00pm (CCHS TURF)

August 23: 7:00pm-9:00pm (CCHS TURF)

August 24: 7:00pm-9:00pm (CCHS TURF)

PRACTICE SCHEDULE AFTER AUGUST 26 WILL VARY PENDING TEAM SELECTION

Girls Soccer

Head Coach: Mrs. Jami Hayden jhayden@centralcatholic.net

Tryout Locations:

- CCHS Turf Field
- Michele Memorial Park
190 Lawrence Road
Salem, NH

All candidates should wear a white or light colored shirt and bring plenty of water, a ball, shin guards and soccer cleats.

You must attend all sessions in order to be eligible for participation.

August 22: 8:00am - 10:00am ALL GRADES (Michele Memorial Park)

3:00pm - 5:00pm ALL GRADES (CCHS TURF)

August 23: 5:00pm - 7:00pm ALL GRADES (CCHS TURF)

August 24 5:00pm - 7:00pm ALL GRADES (CCHS TURF)

PRACTICE SCHEDULE FOR AFTER AUGUST 24 WILL BE ANNOUNCED AT THE END OF TRYOUTS.

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Girls Swim & Dive

Head Coach: Mr. Carlton Cronin ccronin@centralcatholic.net

Practice Locations:

- Lawrence YMCA (Regular Season)
40 Lawrence St. Lawrence, MA
- Haverhill Country Club
58 Brickett Lane Haverhill, MA

August 16: Preseason meeting for all returning and new student-athletes from all grade levels, parents and guardians will take place in the Baroni Room at Central from 5:30pm - 6:30pm.

Please have the following for all practices: shorts, t-shirt, sweatshirt, labeled water bottle, nutrition bar, training suit, 2 pairs of goggles, long blade fins, Hans Paddles, Finis Snorkel. All equipment can be purchased at Varsity Swim Shop in Reading, MA. Ask for Grace or Amanda. Label all equipment with your name.

August 22-26: 6:30am-8:30am at Haverhill Country Club

August 27: 7:30am-12:15pm at Salisbury Beach. Transportation to and from CCHS will be provided.

August 29-September 1: 6:30am-8:30am

Diving Schedule Preseason:

Monday, Aug 22 @ Haverhill High School: 8:30-9:30 am

Tuesday, Aug 23 @ Haverhill Country Club: 6:30-8:30 am

Wednesday, Aug 24 @ Haverhil High School: 8:30-9:30 am

Thursday, Aug 25 @ Haverhill High School: 8:30-9:30 am

Friday, Aug 26 @ Haverhill Country Club: 6:30-8:30 am

Saturday, Aug.27 @ Salisbury Beach. Bus Trip leaving CCHS 7:30 am returning 12:15pm.

Following week schedule the same as above Aug 29-Sept 1.

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During the school year :

Monday, Wednesday, Thursday 8:30-9:30 pm @ Haverhill High School

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Girls Volleyball

Head Coach: Ms. Alana McNeil amcneil@centralcatholic.net

Tryout Location:

- Central Catholic High School

Please wear sneakers, knee pads and bring a water bottle.

Monday 8/22

JV/V 11:30am - 1:30pm & 4:00pm-5:30pm

Freshman 1:30pm-3:30pm

Tuesday 8/23

JV/V 11:30am - 1:30pm & 4:00pm-5:30pm

Freshman 1:30pm-3:30pm

Wednesday 8/24

Freshman 1:30pm-3:30pm

JV/V 4:00pm-6:00pm (Announce Varsity)

Thursday 8/25

Varsity practice 11:30am - 1:30pm

Freshman Tryout 1:30-3:30pm

JV Tryout 4:00-5:30pm

Friday 8/26

Varsity practice: 11:30am - 1:30pm

Freshman Tryouts 1:30-3:30pm

JV Tryouts 4:00-5:30pm (Announce team)

Saturday 8/27

Varsity Practice 9:30am - 12:00pm

Monday 8/29

Freshman Tryout 4:00-5:30pm Small Gym (Announce team)

Varsity Practice 4:00 - 5:30pm Big Gym

JV Practice 5:30-7:00pm Big Gym