

Comsewogue Athletics

Home of the Warriors

Modified (JFK Middle School) Spring Sports 2019

(All our sports are combined 7th/8th grade teams)

Spring Sports Coaches (starts 3/25/19)

Baseball – Coach Rick Miekley

Softball – Coach Chris Kowalski

Boys' Tennis – Coach Keith Zoccoli

Boys' Lacrosse – Coach Justin Leitch

Girls' Lacrosse – Coach Amanda Carillo

Boys' Track and Field – Coaches Mike Denimarck & Justin Seifert

Girls' Track and Field – Coaches Paul Johnson & Brooke Komorek

All spring modified (middle school) athletic teams will begin on Monday, March 25th.
The following is a guideline for the tryout process.

- All students who tryout must have an approved sports physical on file (the school physician will be in on Monday, March 18th for those that need a sports physical).
- Tryouts will last approximately 3-5 days.
- All students must participate in the tryout process.
- All teams will have tryouts unless the number of students that tryout is less than the approximate roster count.
- If a team needs to conduct tryouts the percentage of students kept will be approximately – 40% 7th graders, 40% 8th graders and 20% will be up to the discretion of the coaches.

Approximate roster counts for teams (see below)

Baseball – approximately 18 students

Softball – approximately 18 students

Boys' Tennis- approximately 20 students

Boys' Lacrosse – approximately 22 students

Girls' Lacrosse - approximately 22 students

Boys' Tennis- approximately 20 students

Boys' Track and Field - approximately 45 students

Girls' Track and Field - approximately 45 students

See specific sports below for skills the coaches will be evaluating during the try-out process.

Baseball

Throwing/Catching: Rating 1-4 (low to high)

- Mechanics
- Arm Strength
- Accuracy

Ground Ball/Infield: Rating 1-4 (low to high)

Fly Ball/Outfield: Rating 1-4 (low to high)

Hitting: Rating 1-4 (low to high)

- Mechanics
- Contact
- Power

Speed (for time): Rating 1-4 (low to high)

- Base Running
- Home to First
- All the Bases

Other areas to be considered during the tryout period

- Attitude (followed directions well and effort was evident)
- Athleticism (demonstrated skills quickly and effectively)
- Potential (does the coach see this student excelling in their respective sport)
- Attentiveness (listened well and was focused on the desired task)

Softball

Throwing/Catching: Rating 1-4 (low to high)

- Mechanics
- Arm Strength
- Accuracy

Ground Ball/Infield: Rating 1-4 (low to high)

Fly Ball/Outfield: Rating 1-4 (low to high)

Hitting: Rating 1-4 (low to high)

- Mechanics
- Contact
- Power

Speed (for time): Rating 1-4 (low to high)

- Base Running
- Home to First
- All the Bases

Other areas to be considered during the tryout period

- Attitude (followed directions well and effort was evident)
- Athleticism (demonstrated skills quickly and effectively)
- Potential (does the coach see this student excelling in their respective sport)
- Attentiveness (listened well and was focused on the desired task)

Boys' Lacrosse

Stick Skill: Rating 1-4 (low to high)

- Catching
- Throwing
- Cradling

Shooting: Rating 1-4 (low to high)

- Accuracy

Knowledge of Game: Rating 1-4 (low to high)

- Offensive
- Defensive

Speed: Rating 1-4 (low to high)

40-yard Dash

Time _____

Other areas to be considered during the tryout period

- Attitude (followed directions well and effort was evident)
- Athleticism (demonstrated skills quickly and effectively)
- Potential (does the coach see this student excelling in their respective sport)
- Attentiveness (listened well and was focused on the desired task)

Girls' Lacrosse

Stick Skill: Rating 1-4 (low to high)

- Catching
- Throwing
- Cradling

Shooting: Rating 1-4 (low to high)

- Accuracy

Knowledge of Game: Rating 1-4 (low to high)

- Offensive
- Defensive

Speed: Rating 1-4 (low to high)

40-yard Dash

Time_____

Other areas to be considered during the tryout period

- Attitude (followed directions well and effort was evident)
- Athleticism (demonstrated skills quickly and effectively)
- Potential (does the coach see this student excelling in their respective sport)
- Attentiveness (listened well and was focused on the desired task)

Boys' Tennis

Forehand/Backhand Skills: Rating 1-4 (low to high)

Forehand/Backhand Volleys: Rating 1-4 (low to high)

Serving Skills: Rating 1-4 (low to high)

Game Play: Rating 1-4 (low to high)

Other areas to be considered during the tryout period

- Attitude (followed directions well and effort was evident)
- Athleticism (demonstrated skills quickly and effectively)
- Potential (does the coach see this student excelling in their respective sport)
- Attentiveness (listened well and was focused on the desired task)