

Holy Cross Athletics

Dena Rapoport - Athletic Director



The Academy of the
HOLY CROSS

Soccer

Levels of Play

JVB - 3 days a week; Freshmen & Sophomores; players with limited experience

JVA - 4 days a week; Freshmen, Sophomores & Juniors; players with previous experience. Players may have the opportunity to play games and train with both the JVA or JVB.

Varsity - 5 to 6 days a week; players with club level experience.



Visit with a Coach in a Breakout Room Now!

Post the team you want to visit in the Zoom Chat

Coaching Staff

- Goalkeeper Coach - Patricia Hollowell
- JVB Head Coach - Stephen Balducci
- JVA Head Coach - Jasmine Newman
- Varsity Assistant Coach - Erica Klein
- Head Coach - Lance Van Winter

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Cross Country

Coaches

Head Coach - Carlos Pla

Assistant Coach - Grace Davis

- No experience needed
- Must be able to run 3 miles prior to team tryouts
- Individual training plans
- Practices 4:00 to 6:00 pm, Monday to Friday
- Meets on Saturdays
- Friday Pasta dinners before meets
- 1-2 overnight trips - Williamsburg, New York, etc.





HOLY CROSS BASKETBALL



Practice Times

Junior Varsity M,W, F 2:45-5:00 pm

Varsity M,W, F 5:30-7:00 pm

Note: Practice time includes weight room training.

Holy Cross Basketball Staff

Head Coach - Walter Gray

Assoc Head Coach - Mark Jackson

Assistant Coach - Patricia Hollowell

Assistant Coach - Akila Bethel '11

Assistant Coach - Capree Garner

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Ice Hockey

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JV Hockey

- 1-2 practice per week
- Limited to no previous experience required

Varsity

- 2 or more practices per week
- players with at least 1 year of JV experience to club Ice Hockey

Coaching Staff

- Jim Clark
- Brian Kelly
- Emily Kennedy '15
- Mike Massaro
- Tero Moberg
- Dave Rizzo
- Bernie Werwinski



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Equestrian

Coach: Katrina Dodd

- Practice once per week at Waredaca Farm
- August through May
 - Tryouts begin in August
- Equitation shows
 - IEA affiliated
 - 5 shows per season
 - Post season Regionals, Zones and Nationals
- No experience needed
- Access to large indoor, several large outdoor arenas and XC fields
- Horses and ponies suitable for all levels



Softball

Coach: Jen Roe

Varsity

- Games: April-June
- Practices: 5-6 days per week

JV

- Games: April-June, only 1 game per week
- Practices: 3-5 days per week, with the option to practice with Varsity when JV does not hold a practice



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Lacrosse

Varsity - Club Level

18 games: conference and non-conference

JV - Previous experience

16 games: conference and non-conference

Coaching Staff

Ashley Gardner - Head Varsity
Jackie Branthover - Assistant Varsity
Melissa Easton - Head JV
Julie Celeste - Assistant JV

We take a team spring trip!



- Off-season workouts,
- winter league,
- some girls do play club
- Powertrain strength and conditioning training
- team bonding

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Field Hockey

Coaches

Varsity Head Coach - Melissa “Missy” Eaton

JV Head Coach - Julie Celeste

Goalie Coach - Ying Van Schaik

Fall Sport

- Tryouts begin August 12
- Season runs August - October
- Varsity & JV teams
 - Practices 3-4 days per week
 - Games 1-2 days per week



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Tennis

Coaches: Bob Maloney & Liz Baldacci

Fall Sport

- Varsity team only
- Season runs August - October
 - Tryouts begin August 12
- Practice 4-5 days per week at Georgetown Prep Tennis facility
- 1-2 matches per week



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Volleyball

Coaching Staff

Dave Geiser, Varsity – 12th season

Kelly Miller '14, JV – 1st season

Kristen Falcinelli '14, Asst Varsity – 4th season

Molly Hirrlinger, Asst Varsity – 3rd season

Junior Varsity

- 3:30-5:30 Monday-Friday
- 20 matches, one pre-season tournament
- 12-14 players - some club volleyball players

Varsity

- 5:00-7:30 Monday-Friday and 9-12 Saturday
- 26 matches, two regular season tournaments
- 14-15 players - predominantly club volleyball players



1st WCAC Championship - 2011



5th WCAC Championship - 2016

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Indoor Track & Field



Coaching Staff

Carlos Pla - USATF Level 3 Endurance;
IAAF Level 5;

Grace Davis - USATF Level 1

Program

Winter Sport: November - February

No previous experience necessary

Competitions take place on the weekends

Meets are local and out of state

Outdoor Track & Field

Coaches

Coach Pla USATF Level 3
Endurance; IAAF Level 5

Coach Davis USATF Level 1

- Beginner level
- Practice
- Meets
- Overnight Trips
- Varsity Sport



Penn Relays

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Golf

Coaching Staff

Varsity: Lenore Martinez, Shellie Ferguson

JV: Liz Baldacci

Winter Golf Wednesdays
at Olney Manor Park Driving Range

Regular Season Practice:

Varsity at Columbia

JV at Holy Cross/Needwood

WCAC Conference Varsity Match Play

JV Match Play with Stone Ridge, Holy Child,
Georgetown Prep and Gonzaga

Alumnae Golfers in College



Swimming & Diving Program

Swimming

- Practice 3x a week at Georgetown Prep starting at 5:30 am- 7 am. (transportation to school is provided after practice)
- 1x week dry land practice.
- All swimmers must tryout before making the team.
- Must be able to legally swim all 4 strokes.

Diving

- No experience required!
- Practices at Georgetown Prep starting at 3 pm- 5:30 pm.
- Practices are 2-3x a week.



The Academy of the Holy Cross
2019-2020

Swim & Dive

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- The Holy Cross Bocce team is a corollary sport consisting of 14 players, including 7 Moreau Options students. This sport requires that team members are not already on another varsity team.
- Practices are held in the Auditorium on Tuesdays from 3:30 to 4:30pm and Fridays from 3:30 to 5:00pm
- Games are played on Fridays. Competitions begin after the Christmas break. Games will be played at Holy Cross in our arena.

Bocce



Poms

- Team consists of 12 girls
- Practices are held 2 times per week
- Performances include
 - Pep Rall
 - Basketball games
 - Competitions



Crew

Winter Season

- Practices: 4 days/week on Ergs
 - Held at school

Spring Season

- Practices: 5 days/week on the water
 - Row out of Anacostia Boathouse
- Regattas: Attend 4-5 during the season; held on weekends



EMPOWERED *girls*

Dena Rapaport
Athletic Director