



# Athletic Information Packet

## 2022-23

All content for team tryouts, summer camp information  
and directions to off-campus facilities is available at:  
[www.nerinxhall.org/athletics](http://www.nerinxhall.org/athletics)

## **Updated: Nerinx Hall Fall Athletic Teams Try-Out Dates and Information 2022-23**

**Dance Team Tryouts: April 27<sup>th</sup>-28<sup>th</sup>, 2022 Fall Sports Try-Outs Begin August 8, 2022.**

Remember that you can only try out for one fall team at a time. If you do not make a team and try-outs for another sport have not taken place yet or that sport is in the middle of try-outs you need to contact the Athletic Director Nancy Milward at [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org) for permission to try-out for that sport.

**Dance Team: Varsity April 27<sup>th</sup>-28<sup>th</sup>, 2022 Try outs in the Nerinx Hall Gym at 3:30 p.m – 6:30 p.m.**

For more information email: Shannon Lefler - [slefler@nerinxhs.org](mailto:slefler@nerinxhs.org)

**Tennis: Varsity/Junior Varsity**

**August 8<sup>th</sup> – 11<sup>th</sup>, 2022 Try-outs at Webster Groves Tennis Complex Time: 3:00 p.m. – 5 p.m.**

For more information email: Coach: Lucian Biesiadecki. Contact email: [lbiesiadecki@nerinxhs.org](mailto:lbiesiadecki@nerinxhs.org)

**Softball: Varsity**

**August 8<sup>th</sup> – 11<sup>th</sup>, 2022 try-out at Affton Athletic . Time: 4 p.m. – 6 p.m.**

For more information email: Dawn Grass. Contact email: [dgrass@nerinxhs.org](mailto:dgrass@nerinxhs.org)

**Golf: Varsity/JV**

**August 8<sup>th</sup> -11<sup>th</sup>, 2022. Time: 3:30 p.m. – 5:30 pm. @ Paradise Valley**

For more information contact: Coach Michelle Lewis Contact email: [mlewis@nerinxhs.org](mailto:mlewis@nerinxhs.org)

**Volleyball: Varsity/J.V./Fr. Team**

**August 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 2022 @ Nerinx Hall**

**Freshmen: 4:00 – 5:30 p.m.**

**Sophomores, Juniors, Seniors 5:30 p.m. – 7:30 p.m.**

For more information email: Coach Ed Naeger. Contact email: [enaeger@nerinxhs.org](mailto:enaeger@nerinxhs.org)

**Cross Country Practice: Varsity/JV (No cut sport)**

**August 8<sup>th</sup>, 2022 Cross Country Practice at Nerinx Hall Field by picnic tables. Time: 3:30 pm. – 5:30 p.m**

For more information email: Jim McQuade Contact email [jmcquade@nerinxhs.org](mailto:jmcquade@nerinxhs.org)

**Field Hockey: Var/JV/ /Fr**

**August 8<sup>th</sup> -12<sup>th</sup>, 2022 @ Nerinx Hall**

**Freshmen, Sophomores, Juniors, Seniors: 4:00 p.m – 6:00 p.m.**

For more information email: Coach: Jody Patterson. Contact email [jpatterson@nerinxhs.org](mailto:jpatterson@nerinxhs.org)

**Additional Season Try-outs Dates:**

**Winter Sports: Racquetball: September – October, 2022**

**Basketball: - November 1<sup>st</sup> – November 4th 2022**

**Swimming: November 7<sup>th</sup> – 12<sup>th</sup>, 2022**

**Spring Sports: Soccer/ Track/ Lacrosse: February 27<sup>th</sup> – March 2<sup>nd</sup>, 2023**

**Athletic Physicals need to be uploaded to your  
Magnus Account by July 1, 2022**

If you have additional questions email: [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org) or [jpatterson@nerinxhs.org](mailto:jpatterson@nerinxhs.org)  
Athletic Physical Forms can be found on the Nerinx Hall Web page: [nerinxhs.org](http://nerinxhs.org) and your Magnus Health Account



## Nerinx Hall Markerettes Varsity Dance Team Try out Information 2022

Tryout Clinic: April 12<sup>th</sup> 5:00 pm. – 7:00 pm.

Mandatory Try outs Dates: April 27<sup>th</sup> and 28<sup>th</sup> Time: 4:30 pm. – 7:30 pm.

At tryouts the coaches will be looking for a number of required dance skills but also, they will be looking to see if the dancers can do some of the other dance skills listed. Please do not hesitate to come to try outs if you have not mastered these skills and techniques or are unfamiliar of what some of the dance skills. The coaches are looking for potential, not perfection.

### Tryout Attire:

- Plain black, fitted tank or leotard
- No jewelry or gum is permitted
- Any type of black shorts or legging
- Hair in a neat, secured ponytail or bun
- Tennis shoes and jazz shoes must be worn

### Required:

- Right and left leg hold
- Pirouettes (double and above)
- Tilts/leg extensions
- Right, left, and middle leaps
- Calypsos/other jumps
- Two 8-count seconds
- Hip hop tricks, kip up, headspring

### Required:

Triple Pirouette  
Right Leap  
Right, left, middle splits  
Double Pirouette  
Second turns into double/triple  
Head Stand  
Calypso

Please email the following information to Coach Taylor Henke before April 12<sup>th</sup>.

Email: [thenke@nerinxhs.org](mailto:thenke@nerinxhs.org)

Dancer Information:

Name:

Phone:

Email:

Year: Class of

Dance Experience

Dance Style:

Studio:

Previous Dance Team (s):

Other sports/activities

# Incoming Freshman – Summer Camp Dates

Incoming Freshmen Summer camps are all directed by the Nerinx Hall Coaching Staff of the specific sport. The camps are designed to prepare the athlete for high school sports. Camp Registration will be available on the Nerinx Hall website – [nerinxhall.org](http://nerinxhall.org) on the Summer Camp Link. The payment for the Summer Camps will be charged on your FACTS Tuition Account. If you have an additional camp question please contact Nancy Milward - Athletic Director at [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org). or Assistant Athletic Director Jody Patterson at [jpatterson@nerinxhs.org](mailto:jpatterson@nerinxhs.org)

More information about Summer Contact Days in the following sports: Basketball, Dance, Field Hockey, Volleyball will be emailed out to the Class of 2026 after the Athletic Meeting on April 19, 2022

Listed below are the dates of the Sport Specific Incoming Freshman camps.

**Golf Play Day:** June 1, 2022.

Time: 1 pm. – 4 pm.

Cost: \$25.00 (FACTS) Location: Quail Creek 6022 Wells Road St. Louis MO 63128

Coach Michelle Lewis – [mlewis@nerinxhs.org](mailto:mlewis@nerinxhs.org)

**Freshman Lacrosse Camp:**

June 6<sup>th</sup> – 9<sup>th</sup>, 2022 Time: 3 pm. – 5 pm.

Cost: \$80.00. (FACTS)

Location: Nerinx Hall Athletic Field

Coach: Erica Ely – [eely@nerinxhs.org](mailto:eely@nerinxhs.org)

**Freshman Field Hockey Camp:**

June: 6<sup>th</sup>- 9<sup>th</sup> 2022 Time: 5:30 p.m. – 7:30 p.m.

Cost: \$80.00. (FACTS)

Location: Nerinx Hall Athletic Field

Coach: Jody Patterson – [jpatterson@nerinxhs.org](mailto:jpatterson@nerinxhs.org)

**Freshman Volleyball Camp:**

June 13<sup>th</sup> – 16<sup>th</sup>, 2022. Time: 3 pm. – 5 pm.

Cost: \$80.00. (FACTS)

Location: Nerinx Hall Gym.

Coach: Ed Naeger - [enaeger@nerinxhs.org](mailto:enaeger@nerinxhs.org)

**Cross Country Camp:**

June 13<sup>th</sup> – 16<sup>th</sup>, 2022 Time: 5:00 p.m. - 7:30 p.m. Cost: \$80.00 (FACTS)

Location: Nerinx Hall Athletic Field

Coach: Nancy Milward AD – [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org)

**Freshman Soccer Camp:**

June 20<sup>th</sup> – 23<sup>rd</sup>, 2022 Time: 5:30 p.m. - 7:30 p.m. Cost: \$80.00 (FACTS)

Location: Nerinx Hall Athletic Field

Coach Brian Haddock - [bhaddock@nerinxhs.org](mailto:bhaddock@nerinxhs.org)

**Freshmen Basketball Camp:**

June 27<sup>th</sup> – June 30<sup>th</sup>, 2022. Time: 3:00 p.m. – 5:00 p.m. Cost: \$80.00 (FACTS)

Location: Nerinx Hall Gym

Coach: Hannah Ossola – [hossola@nerinxhs.org](mailto:hossola@nerinxhs.org)

**Racquetball Camp:** Contact Coach Nina Klein for Summer Racquetball Camps or Leagues

Email: [nklein@nerinxhs.org](mailto:nklein@nerinxhs.org) or [atate@nerinxhs.org](mailto:atate@nerinxhs.org)

**Tennis:** Open Play dates at Webster Groves Tennis Complex from 3:30 p.m. – 5:30 pm. June 7, 9, 14, 16, 21, 23, 28, 30.

July 7, 12, 14, 19, 21,

For more information contact Coach Leslie Ganer –email: [lганer@nerinxhs.org](mailto:lганer@nerinxhs.org)

**Softball Open Field:**

June 13<sup>th</sup> – 16<sup>th</sup>, 2022. Time: 5:30 pm. – 7:30 pm.

Location: Nerinx Hall Athletic Field

Coach: Dawn Grass - [dgrass@nerinxhs.org](mailto:dgrass@nerinxhs.org)

# Nerinx Hall Athletic Department Information

## Meeting for the Class of 2026.

**Date: Tuesday April 19<sup>th</sup> Time: 6:30 p.m. - 7:30 p.m.**

This Meeting is for all Incoming Freshman Parents and Daughter in the Class of 2026 interested in playing sports in the 2022-23 school year.

### Meeting Agenda:

1. Nerinx Hall Athletic Department rules, MSHSAA Eligibility Rules, MSHSAA Concussion Policy and Nerinx Hall Incoming Summer Opportunity Policy.
2. Summer opportunities – Open Gyms, Contact Days, Freshman Camps.
3. Questions and Answers for the Coaching staff.
4. If you have any additional questions about the meeting please email: Athletic Director Nancy Milward - [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org)

If you cannot make the meeting and have additional questions about the sport specific athletic program please email the Head Coach or Athletic Director.

Nerinx Hall Head Coaching Staff 2022-23 - Athletic Director Nancy "Mil" Milward – [nmilward@nerinxhs.org](mailto:nmilward@nerinxhs.org)

**Basketball:** Hannah Ossola - [hossola@nerinxhs.org](mailto:hossola@nerinxhs.org)

**Cross Country /Track:**

**Dance:** Taylor Henke –[thenke@nerinxhs.org](mailto:thenke@nerinxhs.org)

**Field Hockey:** Jody Patterson – [jpatterson@nerinxhs.org](mailto:jpatterson@nerinxhs.org)

**Golf:** Michelle Lewis – [mlewis@nerinxhs.org](mailto:mlewis@nerinxhs.org)

**Lacrosse:** Erica Ely. - [eely@nerinxhs.org](mailto:eely@nerinxhs.org)

**Racquetball:** Nina Klein - [nklein@nerinxhs.org](mailto:nklein@nerinxhs.org)

**Soccer:** Brian Haddock – [bhaddock@nerinxhs.org](mailto:bhaddock@nerinxhs.org)

**Softball:** Dawn Grass - [dgrass@nerinxhs.org](mailto:dgrass@nerinxhs.org)

**Swimming and Diving:** Jenoa Olson - [jolson@nerinxhs.org](mailto:jolson@nerinxhs.org)

**Tennis:** Leslie Ganer – [lганer@nerinxhs.org](mailto:lганer@nerinxhs.org)

**Volleyball:** Ed Naeger [enaeger@nerinxhs.org](mailto:enaeger@nerinxhs.org)

## Nerinx Hall Athletic Department

### Incoming Freshmen Summer Opportunity Policy

**Note:** Incoming Freshmen that attend Sport Specific Summer Opportunities are not guaranteed placement on a sport specific team. All Athletes must try out each year for their sport specific team. Nerinx Hall only has two no cut teams in Cross Country and Track.

- Incoming Freshmen may attend Incoming Freshman camps, Returning Players camps and summer contact days sponsored by the Nerinx Hall Coaching staff.
- Incoming Freshmen may attend an off-campus or out of town sport's camp sponsored by the Nerinx Hall Coaching staff offered to Returning Nerinx Hall sport specific athletes.
- Incoming Freshmen may participate in Leagues with current Nerinx Hall Athletes.
- All Nerinx Hall Athletes may only meet with the coaching staff per sport for 20 days in the summer. The MSHSAA has a 20-day contact rule per sport for all high school sports during the summer months.
- **The Nerinx Hall Summer Dead Period for all Athletes is July 30th– August 7th, 2022**  
During the Summer Dead Period no member of the coaching staff can have any athletic contact with a Nerinx Hall Athlete. During the Dead Period the Nerinx Hall Athletic facility is closed to all Nerinx Hall Athletes and Coaches.
- **The Nerinx Hall Fall Dead Period for all Fall Athletes August 1st –August 7<sup>th</sup> 2022**  
During the Fall Dead Period no member of the coaching staff can have any athletic contact with a Nerinx Hall Athlete and the Nerinx Hall athletic facility is closed to all Nerinx athletes and coaches. During the Fall Dead period a fall athlete **may** attend any specialized sports camp involving the applicable sport.
- Nerinx Hall Athletic Department requires that an athlete shall not be permitted to practice or compete in a school sponsored athletic event until it has verification that the athlete has basic health/accident insurance coverage.

# Directions to Nerinx Hall Softball, Tennis and Golf. Off-Campus Practice Sites.

**Softball: Kirkwood Athletic Association**

**Directions: From the East to Kirkwood Athletic Association**

Take Big Bend West to (pass Meramec Community College) to Marshall road and turn left on Marshall Road. Kirkwood Athletic Association is about one mile on the right.

**Directions: From the West to Kirkwood Athletic Association**

Take Hwy 270 south to Big Bend Exit and make a left hand turn on Big Bend and then the first street on the right is Marshall Road turn right and Kirkwood Athletic Association is about one mile on the right.

**Golf: Quail Creek**

**Address: 6022 Wells Road, St. Louis MO 63128**

**Tennis: Try-outs ( Varsity/ Junior Varsity Practice Site)**

**Webster Groves Tennis Complex**

**Directions: From the West:** Take Hwy 44 East to Elm exit at Elm and make a right on Elm and left on Glendale and a left into the Webster Groves Tennis Complex.

**Directions from the East:** Take Hwy 44 West to Elm exit at Elm and make a left on Elm and left on Glendale and a left into the Webster Groves Tennis Complex.