

# Top 10 Freshmen Questions about Jesuit Athletics

1. When does everything start?
  - Football – Freshman Camp – July 1, 2023 / Practice begins Monday, August 7, 2023.
  - Cross Country – Practices start Monday, June 5, 2023 @ 6:30am – 8:00am at Jesuit. They are open to any incoming freshman. Practices continue daily through June and additional summer practices will be posted on the website in June.
  - Ice Hockey works out all summer. Contact Nick Hinkley at [nhinkley@jesuitcp.org](mailto:nhinkley@jesuitcp.org) for the summer schedule.
  - Tennis - Tryouts on August 10<sup>th</sup> & 11<sup>th</sup>, 2023, 8:30am at Hockaday School.
  - All other sports start or have information on the Jesuit athletic web page. Have your son stop by the athletic office the first week of school for information on a specific sport, or check out the web page for your sport at [www.jesuitdallas.org](http://www.jesuitdallas.org).
2. Which sports do you have to try out for and which are open to everyone?
  - Open sports – football, cross country, crew, swimming, diving, wrestling, track, rugby, fencing, power lifting, bowling, cycling, competitive shooting, volleyball, and water polo.
  - Try out sports – basketball, soccer, golf, tennis, lacrosse, baseball, ice hockey and cheerleading.
3. Can a student play more than one sport?

Everyone is encouraged to play whatever they want, be it one sport or four. Jesuit coaches will not pressure an athlete to give up one sport in order to concentrate on another. Those decisions are up to the athlete and his parents. However, many sports are concurrent (played in the same season) and therefore will be impossible to play both.
4. Do freshmen athletes need athletic physicals for participation?

The school physical is all the athlete needs his freshman year to participate in athletics. After freshman year, all athletes must have a yearly physical in order to participate.
5. What kind of commitment will be asked of a freshman athlete?

Most freshmen sports work out daily during the season. Athletes are expected at practice each day and are expected to communicate with the coach if they need to miss. All athletes are also supervised on a weight and conditioning program during their PE classes year-round.
6. When does each sport play?

Fall – football, cross country, tennis, golf, cheerleading, crew, ice hockey, fencing, wrestling, cycling, water polo.  
Winter – basketball, soccer, swimming, diving, wrestling, crew, ice hockey, fencing, power lifting, bowling, sporting clays and target.  
Spring – baseball, track, tennis, golf, ice hockey, rugby, lacrosse, crew, power lifting, cycling, volleyball, sporting clays and target.
7. Should a student try athletics first semester or should they wait until second semester to get involved?

Almost all Jesuit students can do both academics and athletics from the onset. Athletics works closely with academics to make sure everyone gets off to a good start. In many cases, it is beneficial to get involved at the beginning because there will be a coach involved from day one to help in the transition to Jesuit.
8. What if summer vacation plans interfere with the start of practice?

Family plans take precedence over athletics. Try to contact the coach if you will miss and then come out to practice when you are back in town.
9. How can my son prepare himself for participation in Jesuit Athletics?

Jesuit offers a strength and conditioning program 4 days a week during the summer and it is a great opportunity for an incoming student to prepare for athletics. It is also a great opportunity for freshmen to get familiar with the weight room and meet other students. More information is available on the web page [www.jesuitrangers.org](http://www.jesuitrangers.org) under the Summer Camp tab.
10. How much will it cost to participate in athletics?

The cost for participating in most sports is minimal for Jesuit Athletics. Usually just workout clothing and proper shoes are all they need. Some sports (lacrosse, ice hockey, golf, fencing, competitive shooting, crew) need special equipment that must be provided by the athlete. Contact Athletic Director, Steve Koch, if financial assistance is needed ([skoch@jesuitcp.org](mailto:skoch@jesuitcp.org)).

**Currently, Jesuit offers competition in 23 sports. Descriptions of each sport vary. Following is a fact sheet for each sport. Please contact the athletic office at 972-387-8700 ext 371 if you have a specific question.**

**Baseball:** Varsity, Junior Varsity and Freshman. Fall, Spring and Summer teams. Fall ball tryouts the beginning of school. High School season runs mid-January through mid-May. *Tryouts and cuts at each level.* Contact Coach Brian Jones ext 323.

**Basketball:** Varsity, Junior Varsity “A”, Junior Varsity “B”, freshman “A” and “B”. Season starts October and runs through February. Freshmen try out in October and the beginning of November. *Tryouts and cuts at each level.* Contact Coach Chris Hill ext 371.

**Bowling:** Practices start the 1<sup>st</sup> week of October, and the season begins in January. Contact Matt Shoemaker ext. 274.

**Cheerleading:** Tryouts for squads are in April each year for the following year. Contact Coach Laura Sayers at [lsayers@jesuitcp.org](mailto:lsayers@jesuitcp.org).

**Crew:** Practices start at the beginning of the school year. Fall, Winter and Spring seasons. *All are welcome, No tryouts or cuts, but must pass basic swim test.* Summer camps available. Contact Davis Colwell at [dcowell@jesuitcp.org](mailto:dcowell@jesuitcp.org).

**Cross Country:** Varsity and Junior Varsity teams. Practices start early June and run throughout the summer with a varied schedule. Everyone is invited to come out and run. Season: Early August through October. *No tryouts or cuts.* Contact Coach Doug Robinson at [drobinson@jesuitcp.org](mailto:drobinson@jesuitcp.org) or ext 297.

**Cycling:** Varsity, JV and Novice teams. Practices start at the beginning of the school year. Fall mountain bike competition season and spring road bike competition season. Bikes are provided, if available. Contact Coach Andrew Armstrong at [aarmstrong@jesuitcp.org](mailto:aarmstrong@jesuitcp.org) or ext. 394.

**Fencing:** Fencing teams participate each semester and are open to all students. More information will be available at the beginning of the school year.

**Football:** Varsity, Junior Varsity and Freshman. Practices officially start August 7<sup>th</sup>. Season: August through mid-November. *No tryouts or cuts.* Contact Brandon Hickman ext 397.

**Golf:** Fall and Spring Varsity and Junior Varsity. *Tryouts the beginning of fall semester.* August through mid-November and late January through April. Contact Cathy Marino ext 310.

**Ice Hockey:** Varsity and Junior Varsity. Season runs September through April. 2 - 3 practices per week. *Tryouts and cuts late August.* Contact Nick Hinkley at [nhinkley@jesuitcp.org](mailto:nhinkley@jesuitcp.org)

**Lacrosse:** Varsity, Junior Varsity. Fall off-season program. Main season January through early May. Beginners welcome. *Tryouts and cuts.* Contact Chris Surran at 214-641-9281.

**Power Lifting:** Practices start mid-November and run through the school year. Contact Coach Rick Leal ext. 376.

**Rugby:** Varsity and Junior Varsity. Season runs Fall and Spring. Beginners welcome. *No tryouts or cuts.* Contact Matt Upton ext. 171.

**Soccer:** Varsity, Junior Varsity, Freshman. Tryouts during fall semester. Season starts early December and runs through mid March. *Tryouts and cuts at each level.* Contact Charles DeLong ext 446.

**Sporting Clays and Target Shooting:** Varsity and Junior Varsity. October - June. Everyone welcome. Contact Madeline Maggard at [mmaggard@jesuitcp.org](mailto:mmaggard@jesuitcp.org) - ext. 534.

**Swimming and Diving:** Varsity and Junior Varsity. Season runs early September through mid-February. Practices before school at the Jesuit Natatorium. *No tryouts or cuts, but must be able to swim.* Contact Coach Doug Moyse at [dmoyse@jesuitcp.org](mailto:dmoyse@jesuitcp.org) or ext. 386 for swimming. For diving, contact Coach Sierra Thain @ [sthain@jesuitcp.org](mailto:sthain@jesuitcp.org).

**Tennis:** Varsity and Junior Varsity. Fall and spring seasons. *Tryouts mid-August.* Tryouts are August 10<sup>th</sup> and 11<sup>th</sup> at 8:00am at Hockaday School. Contact Coach Paul McDaniel ext 350.

**Track:** Varsity, Junior Varsity and Freshman. Season runs January through April. Everyone welcome: runners, jumpers and throwers. *No Tryouts or cuts.* Contact Coach Doug Robinson ext 297.

**Volleyball:** Season runs April – May. Contact Coach Regina Progar at [rprogar@jesuitcp.org](mailto:rprogar@jesuitcp.org) or ext. 542.

**Water Polo:** Fall season. Practices start early August. Contact Coach Jason Gall, [jgall@jesuitcp.org](mailto:jgall@jesuitcp.org) or ext. 373.

**Wrestling:** Varsity and Junior Varsity. Practices start mid-September and season runs through February. Beginners welcome and encouraged for all size athletes. *No tryouts or cuts.* Contact Ryan Menard ext 514.

- Students are invited to assist as athletic trainers. Contact Rick Martin ext 326.
- Any general questions concerning athletics, contact Steve Koch ext 371.

• **Check the Jesuit Athletics Web Page for all updated information and dates: [www.jesuitrangers.org](http://www.jesuitrangers.org)**

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