



# Athletic Information 2023

## IMPORTANT INFORMATION

**KHSAA Physicals** – A physical is required to try out. The form can be found on our website at <https://www.mercyacademy.com/athletics/information-forms> \*New - not all pages will be turned in, but the first three pages with doctors release must be turned in before the tryout. There will be no exceptions to this rule.

**KHSAA Dead Period** – June 25 to July 9 -- This state-mandated dead period applies to ALL high school athletes. High school athletes are not allowed to be involved with high school teams or use high school facilities. This time frame is when we encourage families to take their vacations. Once the season begins, attendance is mandatory.

Fall Sports Tryouts and Season Start Dates	
<p style="text-align: center;"><b><u>Cheer</u></b></p> <p>Evaluations: May, if interested contact Coach Where: Mercy Academy Small Gymnasium Season runs June – April Randi Carter - <a href="mailto:rcarter@mercyjaguars.com">rcarter@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Cross Country</u></b></p> <p>Tryouts – TBD contact Coach Optional conditioning begins June 14, 6:30 Seneca Park First Practice July 17, 6:30am at Mercy Academy Heather Lozon - <a href="mailto:hlozon@mercyjaguars.com">hlozon@mercyjaguars.com</a></p>
<p style="text-align: center;"><b><u>Field Hockey</u></b></p> <p>Summer workouts: June 12 - 22 Mon-Thurs Practices begin: July 20, times TBD Where: Mercy Academy Turf Field Brittany Johnson - <a href="mailto:bjohnson@mercyjaguars.com">bjohnson@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Golf</u></b></p> <p>There are no tryouts - First tryout will be July 18th Watch for information in the Parent Update or via email Bailey Wiegandt – <a href="mailto:bwiegandt@mercyjaguars.com">bwiegandt@mercyjaguars.com</a></p>
<p style="text-align: center;"><b><u>Soccer</u></b></p> <p>Open Fields begin: July 10, 8:00 - 9:15 am and 6:00 to 7:30 pm Official practices: Begin on July 15, 8:00 - 9:15 am and 6:00 to 7:30 pm</p> <p>Where: Mercy Academy Turf Field Eric Wong – <a href="mailto:ewong@mercyjaguars.com">ewong@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Volleyball</u></b></p> <p>Tryouts: July 16 Freshmen 5-7 pm JV/Varsity 7-9 pm July 17 All - Fitness testing 7-8 am Freshmen 8:30-10:30 am JV/Varsity 10:30am-12:30pm Players/team meeting 5-6pm 1st Varsity practice 6-8pm JV and Varsity team camp in Knoxville July 19-20. Connie Hulsmeyer - <a href="mailto:chulsmeyer@mercyjaguars.com">chulsmeyer@mercyjaguars.com</a></p>
<p style="text-align: center;"><b><u>Dance</u></b></p> <p>Evaluations: May – please contact <a href="mailto:dance@mercyjaguars.com">dance@mercyjaguars.com</a> if interested Where: Mercy Academy Dance Studio Season runs June - March</p>	
Winter Sports	
<p style="text-align: center;"><b><u>Archery</u></b></p> <p>Season begins October 15 Practices are held at Mercy Academy Laura Parrish – <a href="mailto:lparrish@mercyjaguars.com">lparrish@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Basketball</u></b></p> <p>Season begins October 15 Practices are held at Mercy Academy Nick Cann – <a href="mailto:Ncann@mercyjaguars.com">Ncann@mercyjaguars.com</a></p>
<p style="text-align: center;"><b><u>Bowling</u></b></p> <p>Practice can begin October 1 Home lanes are at Fern Bowl Chris Pifine – <a href="mailto:cpifine@mercyjaguars.com">cpifine@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Swimming</u></b></p> <p>Practice can begin October 1 Practices are held at St. Xavier High School Brittany Ballard – <a href="mailto:bballard@mercyjaguars.com">bballard@mercyjaguars.com</a></p>
Spring Sports	
<p style="text-align: center;"><b><u>Lacrosse</u></b></p> <p>Season begins February 15 <a href="mailto:athletics@mercyjaguars.com">athletics@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Softball</u></b></p> <p>Season begins February 15 James Brentlinger – <a href="mailto:jbrentlinger@mercyjaguars.com">jbrentlinger@mercyjaguars.com</a></p>
<p style="text-align: center;"><b><u>Tennis</u></b></p> <p>Season begins February 15 Emily Barnett – <a href="mailto:embarnett@mercyjaguars.com">embarnett@mercyjaguars.com</a></p>	<p style="text-align: center;"><b><u>Track &amp; Field</u></b></p> <p>Season begins February 15 Heather Lozon - <a href="mailto:hlozon@mercyjaguars.com">hlozon@mercyjaguars.com</a></p>