



## 2024 FALL SPORTS TRYOUT INFORMATION

### ATTENDANCE AT ALL PRACTICES IS MANDATORY TO MAKE THE TEAM.

You must have an up-to-date MSHSAA Physical Form. If your physical is expired or expiring during the season you must get a new one completed by a doctor and uploaded to your SchoolAdmin account before you will be allowed to tryout. The MSHSAA Annual Form is a fillable form on your SchoolAdmin account. Deadline for uploading forms is July 14. The physical form is available online at [www.sja1840.org](http://www.sja1840.org) under Athletic Tryouts. Please contact Maureen McVey, Athletic Director, at (314) 394-4134 with any questions. Please do not mail forms to the school - they must be uploaded.

### CROSS COUNTRY

**August 12th, 2024** 6:30-8:15 p.m.

Location: Meet Performing Arts Center

Parents are encouraged to come for a parent meeting before practice begins. Cross country is a no cut sport.

**August 13-16, 2023** 6:30-8:15 p.m.

Location: different parks in the area (TBA)

Attendance at all practices is mandatory to make the team.

**Coach: Scott House, [shouse@sja1840.org](mailto:shouse@sja1840.org)**

### DANCE TEAM

**May 28, 2024** 8:30 a.m.-12:00 p.m.

**May 29, 2024** 8:30 a.m.-1:00 p.m.

**May 30, 2024** 6:00 p.m. (new team meeting)

Location: SJA Dance Studio

**Coach: Amy Stumpf, [astumpf@sja1840.org](mailto:astumpf@sja1840.org)**

### FIELD HOCKEY

**August 12-16, 2024**

3:30-5:30 p.m. (everyone)

Location: SJA Fields

**Coach: Claire Aubel, [caubel@sja1840.org](mailto:caubel@sja1840.org)**

### VOLLEYBALL

**August 12-14, 2024**

3:30-5:30 p.m. (incoming freshmen)

5:30-7:30 p.m. (all returning players)

**August 15-16, 2024**

3:30-6:00 p.m. - *subject to change* (everyone)

**Coach: Mauren McVey, [mmcvey@sja1840.org](mailto:mmcvey@sja1840.org)**

### GOLF

**August 12-13, 2024**

3:30-4:30 p.m. (freshmen and new golfers)

4:30-5:00 p.m. (all returning golfers)

Location: St. Joe Fields

**August 14-16, 2024**

4:00-6:30 p.m. (all golfers)

Location: All golfers play 9 holes at Ballwin Golf Course.

*All new golfers, contact Coach Fromuth.*

**Coach: Carol Fromuth, [cfromuth@sja1840.org](mailto:cfromuth@sja1840.org)**

### SOFTBALL

**August 12-15, 2024**, 4:00-6:00 p.m.

**Coach: Pat Origliasso, [porigliasso@sja1840.org](mailto:porigliasso@sja1840.org)**

### TENNIS

**August 12-14, 2024**

3:30-5:00 p.m. (all returning Varsity and JV players)

5:00-6:30 p.m. (all freshmen and newcomers)

**August 15-16, 2024**

3:30-5:30 p.m. (all players who made team)

**August 17-18, 2024**

9:00 a.m. (all players who made team will play matches to establish positions)

Keep both days wide open.

Location: SJA Tennis Courts

**Coach: Doug Smith, [dsmith@sja1840.org](mailto:dsmith@sja1840.org)**