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 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

**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

**FIELD HOCKEY**
**August 12-16, 2024** 3:30-5:30 p.m. (everyone)
Location: SJA Fields
**Coach:** Claire Aubel, 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

**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

**SOFTBALL**
**August 12-15, 2024**, 4:00-6:00 p.m.
**Coach:** Pat Origliasso, 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