

SJC Cadets Fall 2026 Tryout Information

Below is the list of fall sports, their tryout information, and the head coach name & email address.

***Please connect directly with the program head for sport-specific questions. ***

Fall Sport	Program Head & Email	First Day of Tryouts	Time	Location
Crew	Michael Horan <i>mhoran@stjohnschs.org</i>	August 19 th (Varsity) August 24 th (Novice)	TBD	SJC Erg Room
Cross Country	Desmond Dunham <i>ddunham@stjohnschs.org</i>	August 12 th (All Levels)	TBD	SJC Upper Field
Equestrian	Lana Ciaramella <i>lciaramella@stjohnschs.org</i>	Sept. 8 th	3:00pm	Rock Creek Stables
Field Hockey	Beira Ho <i>bho@stjohnschs.org</i>	August 12 th – August 14 th	10am - 12pm	SJC Quinn Field
Football	Terrence Byrd <i>tbyrd@stjohnschs.org</i>	August 3 rd (Var. Scarlet, Var. Grey & JV)	8:00am	Fernandez Field
Soccer (Boys)	Vinny Caccavale <i>vcaccavale@stjohnschs.org</i>	August 17 th – August 19 th (Varsity, JV & Freshman)	4pm - 6pm	SJC Quinn Field
Soccer (Girls)	Allison Diaz <i>adiaz@stjohnschs.org</i>	August 12 th – August 14 th (Varsity)	8am - 10am	SJC Quinn Field
Tennis (Girls)	Gary Potz <i>sjchstennis@gmail.com</i>	August 26 – August 28	TBD	UDC Tennis Courts
Volleyball (Girls)	Bill Pribac <i>bpribac@stjohnschs.org</i>	Tuesday, August 12 th (V) Friday, August 15 th (JV & FR)	9:00am 9:00am	SJC Gallagher Gymnasium