

First Day Information

Season: Fall 2026

Teams

- **Cheerleading (Varsity)**

- Monday 8/24 at Windom: 5 pm to 7:30 pm, material review / 7:30 pm to 8:30 pm, tryouts
- Please wear white on top, black or maroon on bottom, hair in a ponytail, no fake nails, and bring water.
- Tuesday 8/25 at Windom: 1st Practice, 5 pm - 7 pm
- If you have any questions, please email Coach Manka at quakercheervarsity@gmail.com

Cheerleading (JV)

- Monday 8/24 at Windom: 5 pm to 7 pm, material review
- Please wear maroon or black on top, hair in a ponytail, no fake nails, and bring water
- Tuesday 8/25 at Windom: 6:30 pm to 8:30 pm, tryouts
- Please wear white on top, black or maroon on bottom, hair in a ponytail, no fake nails, and bring water.
- Wednesday 8/26 at Windom: first practice
- If you have any questions, please email Coach Mueller at quakercheer.jv@gmail.com

Cheerleading (Modified)

- Monday, August 31st from 5:30 pm to 7:30 pm at Windom Elementary: learn new material
- Tuesday, September 1st from 6:45 pm to 8:15 pm at Windom: material review
- Thursday, September 3rd from 6:45 pm to 8:15 pm at Windom: Judges Panel Tryout
- For tryouts, please wear a white top with maroon or black bottoms, hair in a ponytail, no fake nails or jewelry, and bring water.
- If you have questions, please email Coach Bre at quakercheer.mod@gmail.com

- **Cross Country (Varsity Boys & Girls)**

- First practice is Monday 8/24 from 8:00 AM to 10:00 AM at the Casino at Chestnut Ridge Park
- Practice will be the same time and place all week
- To join our Google Classroom, students can use the code jwzc56ip
- If you have any questions, please email Coach Betrus at cbetrus@opschools.org

Cross Country (Modified)

- Practice will be held all week, beginning on Monday, August 31st, from 2:00 to 3:00 PM. Meet near the South Davis pavilion. If it rains, practice will be held in the Middle School Auxiliary Gym.
- If you have any questions, please email Coach Paternostro at dpaternostro@opschools.org

Field Hockey (Varsity)

- Practice will start on August 24th and run from 7:30 AM to 9:00 AM for the week
- If you have any questions, please email Coach Markarian at emarkarian@opschools.org

Field Hockey (JV)

- Tryouts will be held on the OPHS Turf - 8/24, 8/25, and 8/26 from 7:30 AM to 9:00 AM
- You must be on the Athletic Office approved list for tryouts to participate and be registered through the Parent Portal in PowerSchool, or you will not be able to tryout.
- Please be prepared every day with sneakers and cleats, a mouthguard, a stick, and a water bottle.
- If you have any questions, please email Coach McGowan at mmcgowan@opschools.org

Field Hockey (Modified)

- Practices will be held on August 31st and September 1st, from 3:30 PM to 5:00 PM
- After September 1st, practices will be held on Wednesdays, Thursdays, and Fridays from 3:30 PM to 5:00 PM
- If you have any questions, please email Coach Chojnacki at nchojnacki@opschools.org

Football (Varsity, JV, & Freshman)

- Practices will be from 8:30 AM to 12:00 PM at the sidelines away from the Field House
- If you have any questions, please email:
 - **Varsity:** Coach Cieslik at mcieslik@opschools.org
 - **JV:** Coach Weiss at jweiss@opschools.org
 - **Freshman:** Coach Gian at mgian@opschools.org

Football (Modified)

- Both modified teams will practice from 8:00 AM to 10:00 AM at the Middle School fields
- If you have any questions, please email:
 - **Modified 8th Grade:** Coach Kozar at dkozar@opschools.org or Coach Senn at csenn@opschools.org
 - **Modified 7th Grade:** Coach Johnson at ljohnson@opschools.org or Coach Switek at swi24@hotmail.com

Golf (Boys Varsity)

- To access information, join Google Classroom with CODE: ydbmwlx
- If you have any questions, please email Coach Leary at nleary@opschools.org

Golf (Girls Varsity)

- Day 1: Monday, 8/24/26 - 1:00 PM at Ironwood Golf Course
- Day 2: Tuesday, 8/25/26 - TBA
- If you have any questions, please email Coach Biondo at jbiondo@opschools.org

● Gymnastics (Girls Varsity)

- Practices begin Wednesday, 8/26/26 - time and location TBD
- If you have any questions, please email Coach Lobello at chelsea.lobello@gmail.com

● Soccer (Girls Varsity)

- Varsity tryouts are scheduled from 9 am to 12 pm, Monday, August 24 to Saturday, August 29. Tryouts will be held on Field #1 (Baker Road side). ***Make sure you have filled out all required paperwork online, or you cannot step on the field.***
- Information on the tryout process can be accessed using the following link:
<https://classroom.google.com/c/ODY2MjE5NjM4NjQw?cjc=p32b7gkj>
- Bring soccer spikes, running sneakers, shin guards, sunscreen, and water.
- You will be evaluated on your technical and tactical abilities, as well as your physical conditioning. Technical emphasis will be placed on long ball service, shooting on frame, and offensive and defensive heading. Tactical emphasis will be placed on zonal defending, off-ball movement, and positional flexibility. You may be tested in a distance run and the Pacer later in the week - please be prepared.
- A parent meeting will be held on Saturday, August 29 at Field #1.
- Email Mr. Graffeo at mgraffeo@opschools.org with questions or concerns.

Soccer (Girls JV)

- We will be meeting on Field #2 on Monday, August 24th from 8:00 AM to 10:30 AM
- If you have any questions, please email Coach Block at eblock@opschools.org

Soccer (Boys Varsity)

- Practices will begin on Monday, 8/24/26, from 7:30 AM to 9:30 AM at the Orchard Park Soccer Complex
- If you have any questions, please email Coach Dannecker at jdannecker@opschools.org

Soccer (Boys JV)

- Practices will begin on Monday, 8/24/26, from 7:30 AM to 9:30 AM at the Orchard Park Soccer Complex
- If you have any questions, please email Coach Smith at esmith@opschools.org

Soccer (Boys Modified)

- Practices/Tryouts will begin on September 2nd and will be held from 3:30 PM to 4:30 PM
- Players should bring running shoes, soccer shoes, shin pads, and water
- Meet at the pavilion behind the Orchard Park Middle School, and then we will move to the field. Information regarding the tryout period will be handed out at that time.
- If you have any questions, please email Coach Catalano at lcatalano@opschools.org

Soccer (Girls Modified)

- Practices/Tryouts will begin on Wednesday, September 2nd, from 2:30 PM to 4:00 PM and will run through September 3rd.
- Meet at the soccer field, and players should bring cleats, water, shin guards, and a soccer ball.
- Players should join Mr. Bird's Google Classroom with code ik35ih5r
- If you have any questions, please email Coach Bird at jbird@opschools.org

● Swimming (Girls Varsity)

- The first practice will be on Monday, 8/24/26, and will run from 7:30 AM to 10:30 AM, Monday through Saturday.
- Swimmers will need workout gear, running shoes, a water bottle, and swimming apparel/supplies.
- If you have any questions, please email Coach Norvilitis at bnorvilitis@opschools.org

● Tennis (Girls Varsity)

- Preseason tryouts/practice will begin on August 24th and run from 10-12 pm at the OPHS courts
- Bring your tennis racquet, sneakers, a jump rope, and water. Wear whatever sun protection (sunscreen, hat, sunglasses) you need. Be prepared for match play and conditioning.

● Volleyball (Boys Varsity & JV)

- Practices will begin on August 24th and will be held on Mondays from 3:00 PM to 5:00 PM at OP Community Center
- If you have any questions, please email Coach Lexner at mlexner@opschools.org

Volleyball (Boys Modified)

- Practices will be held on 8/31, 9/1-9/4, and 9/8 from 3:00 PM to 5:00 PM at Orchard Park Middle School
- If you have any questions, please email Coach DeLucia at sdelucia@opschools.org

Volleyball (Girls Varsity & JV)

- Tryouts 8/24 - 8/26 from 8 -10 am at Orchard Park Middle School. Please bring water, sneakers, knee pads, and a beach towel.
- If you have any questions, please email Coach Fabbro at kfabbro@opschools.org

Volleyball (Girls Modified)

- We will have tryouts from 1:15 PM to 3:00 PM, on 8/31 and 9/1 in the Middle School gym.
- Tryouts will continue on Wednesday, 9/2, and Thursday, 9/3, from 2:45 PM to 4:15 PM, also in the MS gym.
- Girls should wear loose-fitting clothes like shorts and a T-shirt, and they need to bring a water bottle (with their name on it) and knee pads.



ORCHARD PARK

CENTRAL SCHOOL DISTRICT

- Starting the first week of student attendance, we will hold our practices daily in the MS gym from 3:00 PM to 4:30 PM, unless we have a game.
- If you have any questions, please email Coach Beyer at sbeyer@opschools.org