



## 2023 FALL SPORTS TRYOUT INFORMATION

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

*You must have your MSHSAA Physical Form completed by a doctor, and the MSHSAA Annual History Form completed and uploaded to your School Admin account before you will be allowed to tryout. Deadline for uploading forms is July 20. 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.*

### CROSS COUNTRY

**August 7th, 2023** 6:30-8:15 p.m.

Location: Meet at SJA Outdoor Theater or  
Shanahan Commons, if raining

**August 8-11, 2023** 6:30-8:15 p.m.

Location: different parks in the area (TBA)

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

### DANCE TEAM

**June 5, 2023** 8:30 a.m.-1:00 p.m.

**June 6, 2023** 8:15 a.m.-1:00 p.m.

**June 7, 2023** 6:00-7:00 p.m. (all parents and dance team)

Location: SJA Dance Studio

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

### FIELD HOCKEY

**August 7-8, 2023**

7:00-9:00 a.m. (10th-12th grade)

8:30-10:00 a.m. (9th grade)

**August 9, 2023**

7:00-9:00 a.m. (10th-12th grade)

4:00-5:30 p.m. (9th grade)

**August 10-11, 2023** 3:30-5:30 p.m. (everyone)

Location: SJA Fields

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

### VOLLEYBALL

**August 7-8, 2023**

12:00-2:00 p.m. (all returning players)

3:00-5:00 p.m. (incoming freshmen)

**August 9, 2023**

4:00-5:30 p.m. (incoming freshmen)

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

**August 10-11, 2023** 3:30-6:00 p.m. (everyone)

Location: SJA Gym

**Coach: Jacqui Zancanata, [jzancanata@sja1840.org](mailto:jzancanata@sja1840.org)**

### GOLF

**August 7-8, 2023**

4:00 p.m. (freshmen and new golfers)

5:00 p.m. (all returning golfers)

Location: St. Joe Fields

**August 9-11, 2023**

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 7-9, 2023**, 3:30-5:30 p.m.

**August 10-11, 2023**, 4:00-6:00 p.m.

**August 12, 2023**, TBD

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

### TENNIS

**August 7-8, 2023**

9:00-11:00 a.m. (freshmen and new players)

12:00-2:00 p.m. (all returning Varsity and JV  
players)

**August 9, 2023**

7:30-9:00 a.m. (freshmen and new players)

4:00-5:30 p.m. (all returning Varsity and JV  
players)

**August 10, 2023**

10:00 a.m.-1:00 p.m. (all players who made team,  
except freshmen, will begin match play)

**August 11, 2023**

10:00 a.m.-1:00 p.m. (all players who made team,  
except sophomores, match play)

**August 12-13, 2023**

All who make the 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)**