

SJC 2023-2024 Winter Tryout/Season Start Information

Below are the winter sports, the first day of tryout information, and the program head's name and email address.

Please connect directly with the coach for sport-specific questions.

Winter Sport	Head Coach & Email	First Day of Tryouts/Season	Tryout Time	Location
Basketball (Boys)	Patrick O'Connor <i>poconnor@stjohnschs.org</i>	Wednesday, November 8 th (Varsity)	3-5p	SJC Roth Gym
		Friday, November 10 th (JV & Frosh)	5:15-7:15pm	SJC Roth Gym
Basketball (Girls)	Jonathan Scribner <i>jonathan@hoopeducation.com</i>	Wednesday, November 8 th (Varsity)	5-7p	SJC Roth Gym
		Friday, November 10 th (JV & Frosh)	3-4:45p	SJC Gallagher Gym
Ice Hockey (Girls)	David Sauer '05 <i>dsauer33@gmail.com</i>	Wednesday, November 8th	3-5:30p	Rockville Ice Arena *bus provided*
Swim & Dive	Chris Dunckel '08 <i>cdunckel@stjohnschs.org</i>	Wednesday, November 8th	6-7:30a (Returners) 3:15-5:15p (New to Team)	UDC Natatorium *bus provided*
Indoor Track & Field	Desmond Dunham <i>sjchstrack@gmail.com</i>	Tuesday, November 21st	3:30p-dark	SJC Upper Field
Wrestling	Matt Keel <i>keel.sjcwrestling@gmail.com</i>	Wednesday, November 8th	4-6p	SJC Wrestling Room