

D-E Upper School Athletics Department



The Fall Sports Season Begins Monday, August 21!!

This preseason schedule is subject to change. The Fall 2017 schedule of games has been posted on the athletics website. For the most current schedule of scrimmages and games, go to the athletics website: www.d-e.org/athletics

Monday, August 21st

PRACTICE

- 1:00-4:00 Varsity & JV Volleyball, Girls' Varsity & JV Tennis and Cross Country Girls' V&JV Soccer and Varsity & JV Field Hockey
- 4:00 to 6:30 Boys' V&JV Soccer and Football

Tuesday, August 22nd

PRACTICE

- 9:00 to 12:00 Varsity & JV Volleyball, Girls' Varsity & JV Tennis and Cross Country Girls' Varsity & JV Soccer and Varsity & JV Field Hockey
- 4:00 to 6:30 Boys' Varsity & JV Soccer and Football

Wednesday, August 23rd

PRACTICE

- 9:00 to 12:00 Varsity & JV Volleyball, Girls' Varsity & JV Tennis and Cross Country Girls' Varsity & JV Soccer and Varsity & JV Field Hockey
- 4:00 to 6:30 Boys' Varsity & JV Soccer and Football
- ** 7:00 PLAYING SPORTS IN COLLEGE™ Hajjar Auditorium. Players, Parents and Guardians are welcome and encouraged to attend

Thursday, August 24th through Friday, August 25th

PRACTICE

- 9:00 to 12:00 Varsity & JV Volleyball, Girls' Varsity & JV Tennis and Cross Country Girls' Varsity & JV Soccer and Varsity & JV Field Hockey
- 4:00 to 6:30 Boys' V&JV Soccer and Football

Saturday, August 26th

PRACTICE

- 9:00 to 12:00 All Teams

Monday, August 28th

PRACTICE

- 9:00 to 12:00 Cross Country, Varsity & JV Volleyball, Girls' Varsity & JV Tennis
- 4:00 to 6:30 Varsity & JV Field Hockey, Boys' Varsity & JV Soccer and Football

SCRIMMAGES

- 4:00 PM Girls' Varsity & JV Soccer HOME vs Fairlawn High School

Tuesday, August 29th

PRACTICE

- 3:30-6:30 Cross Country, Girls' V&JV Soccer and Football

SCRIMMAGES:

- 11:00 Varsity & JV Volleyball are away vs Rutherford High School
- 3:00 Girls Varsity Tennis away vs Holy Angels
- 3:00 Girls JV Tennis HOME vs Holy Angels
- 3:00 Girls; Varsity & JV Field Hockey is HOME vs Montclair-Kimberley
- 4:00 Boys' Varsity & JV Soccer are away vs Hawthorne High School
- *** 6:30 Upper School "MEET THE COACHES" – Wharton Lessin Dining Hall Players, Parents and Guardians are welcome and encouraged to attend

Thursday, August 31st

PRACTICE

- 3:30-6:00 Girls' Varsity & JV Tennis and Varsity & JV Volleyball, Cross Country, Football Varsity & JV Field Hockey and Boys' Varsity and JV Soccer

SCRIMMAGES:

- 4:00 Girls' Varsity & JV Soccer HOME vs. Hasbrouck Heights
- 4:00 Girls' Varsity & JV Volleyball are away vs. Hasbrouck Heights

Friday, September 1st

PRACTICE

- 9:00- 12:00 V&JV Field Hockey, Boys' V&JV Soccer, Cross Country Girls' V&JV Soccer, Girls' V&JV Tennis, Football

D-E Upper School Athletics Department



The Fall 2017 Season Begins For All Upper School Athletes and Teams on Monday, August 21, at 1:00 p.m.!

Note: More complete schedules for all Fall 2017 team practices, scrimmages and games will be available after August 1, 2017 on www.d-e.org/athletics.

The commitment to participate in the athletic program carries with it the responsibility for the athletes to attend all practices and to speak with the head coach about any possible absences. This notice will hopefully prevent conflicts with vacations, college visits, SAT/ACT programs or work schedules. All students planning to participate in athletics MUST have submitted, by August 1st, the State of NJ Pre-participation Physical Examination Evaluation form and/or Health History Update Questionnaire form, before they can participate in athletic practice. These forms are located at www.d-e.org/athletics and should be mailed to the attention of Sara Schulman, the Upper/Middle School Nurse. There can be no exceptions. Eligibility to participate in a scrimmage or game is based on the athlete having completed at least 6 days of practice, which is a NJSIAA State rule.

Coaching Staff - contact information:

Girls' Soccer:

Head Coach Eddie Ballas
Jaclyn Wood
Helen Stott
Wendy Blasius

ballae@d-e.org
woodj@d-e.org
stotth@d-e.org
blasiw@d-e.org

Girls' Tennis:

Head Coach Chris Chan
Steven Park

chanc@d-e.org
parks@d-e.org

Athletic Director:

Chris Schmid

schmic@d-e.org
(201) 227-3151

Associate Director:

Greibin Agramonte

agramg@d-e.org
(201) 227-3152

Volleyball:

Head Coach Morgan Withrow
Rachel Bello
Tim Coyne

withrm@d-e.org
bellor@d-e.org
coynet@d-e.org

Athletic Trainer:

Kim Conover

conovk@d-e.org
(201) 227-3153

Field Hockey:

Head Coach Michelle Carstens
Emily Linn

carstm@d-e.org
linne@d-e.org

MS/US Nurse:

Sara Schulman

schuls@d-e.org
(201) 227-3163

Football:

Head Coach Jim Panepinto panepj@d-e.org
Dino Eliopoulos eliopd@d-e.org
Orestes Medina medino@d-e.org
Jeff Carr carrj@d-e.org

Cross Country:

Head Coach Fred Daly
John Cahill

dalyf@d-e.org
cahilj@d-e.org

All athletes should bring a gym bag filled with the following items:

- Extra t-shirts, shorts, and socks
- Shin guards (for those playing soccer, field hockey)
- Sweatshirt and sweatpants
- Water bottle and energy snacks
- Running or multi-purpose shoes
- Towel
- Cleats (for those playing soccer, football, field hockey)