

August 2009

To All Prospective Student-Athletes,

WELCOME TO ST. JOSEPH'S COLLEGE !!!

If you are interested in sports on either the Varsity, Club or Intramural level, we invite you to join the Bears and Lady Bears family as we continue along one of the most exciting eras in the history of the St. Joseph's College's Athletic Program on the Brooklyn Campus ! Over the past few years, we have nearly doubled the amount of sports offerings available here in Brooklyn, creating tremendous opportunities for everyone who is part of the St. Joseph's College community. We encourage you to be a part of these exciting new sports and activities designed to enhance and enrich your overall collegiate experience.

For those of you that want to participate in a Varsity or Club Level Sport here at St. Joe's, there are a few key items that you need to be aware of as we approach the start of the Fall Semester. The Bears and Lady Bears compete at the **NCAA Division III** level and are members of the **Association of Division III Independents (AD3I)** at the national level and the **Hudson Valley Athletic Conference (HVAC)** at the local level. All of our sports offerings are open to any and all students who are interested in competing, but please keep in mind that some of our more established sports will require tryouts (Basketball, Softball, Baseball) while our newer, emerging sports (Swimming, Tennis, Cross Country) have more flexibility within their rosters as the team develops. Either way, we encourage everyone to pursue any of the sports that they have a desire to compete in at the collegiate level, whether it be classified as a varsity or club sport. In addition, before you are able to participate in any practices or games with any of our varsity or club teams, you **MUST** have a recently completed **Medical Form** on file here in our Athletic Office. Towards this end, we would like to announce that we are providing **FREE PRE-PARTICIPATION PHYSICAL EXAMINATIONS** here on campus; we **STRONGLY URGE** that everyone who wants to compete for a spot on one of our teams take advantage of this service. Once again, please be advised that you will **NOT** be able to participate unless we have a documented medical form on file.

Here are the complete details:

PRE-PARTICIPATION PHYSICAL EXAMINATIONS ALL PROSPECTIVE STUDENT-ATHLETES (Either Varsity or Club)

**** FREE ****

Thursday, August 20th - 4:00 to 7:00 p.m.
Gymnasium (Tuohy Hall, Lower Level 2)

Please be sure to bring your Proof of Insurance Card (if available).

**In order to expedite your physical, please complete the following Medical Forms
in advance via this on-line link: <http://medical.sjcbears.com>**

Student-Athletes will be administered to on a first-come, first served basis.
Total Anticipated Time Length: Between 30-45 minutes



BROOKLYN CAMPUS

Frank P. Carbone ♦ Athletic Director

245 Clinton Ave ♦ Brooklyn, NY 11205 ♦ phone (718) 940-5833 ♦ fax (718) 636-7829 ♦ fcarbone@sjcnyc.edu

For those of you that want to compete in one of our 11 Varsity Level Sports, please refer to the chart below as a quick reference guide for all of the preliminary information that you need in advance of the start of your seasons. Please feel free to contact the listed coach directly for more specific information that you need.

SPORT	CONTACT	START OF PRACTICE	SEASON BEGINS	PROJECTED TRYOUTS
Men's & Women's Cross Country	Scott Gomez (718) 940-5832 sgomez@sjcbears.com	September 1 st	September 19 th	No
Women's Volleyball	Kathleen O'Neill (347) 495-8592 koneill@sjcbears.com	August 24 th	September 8 th	No
Women's Tennis	Walter Sanchez (347) 267-4992 wsanchez@sjcbears.com	September 1 st	September 13 th	No
Men's Baseball	Bobby Glennester, Jr. (646) 423-1550 bglennester@sjcbears.com	Late September (Fall Workouts)	March (TBD)	Yes
Women's Softball	Frank P. Carbone (718) 940-5833 fcarbone@sjcbears.com	Late September (Fall Workouts)	March (TBD)	Yes
Women's Swimming	Lenny DeVirgilio (917) 865-6833 ldevirgilio@sjcbears.com	October 13 th	November 14 th	No
Men's Basketball	Joseph Cocozello (718) 981-6087 jcocozello@sjcbears.com	Oct. 19 th – 26 th	November 18 th	Yes
Women's Basketball	Frank P. Carbone (718) 940-5833 fcarbone@sjcbears.com	Oct. 19 th – 26 th	November 17 th	Yes
Men's Volleyball	Barbara Cwiekala (646) 637-3434 bcwiekala@sjcbears.com	Mid January	February (TBD)	No
Men's Tennis	Walter Sanchez (347) 267-4992 wsanchez@sjcbears.com	March	April (TBD)	No



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Additionally, at the Club level, we offer 3 great sports. Once again, please contact the listed coach directly for a more comprehensive explanation of their projected practices and activities.

DANCE TEAM:	Nicola O'Connor	noconnor@sjcbears.com	(631) 774-7563
STEP TEAM:	Malitza Velasquez	mvelasquez@sjcbears.com	(718) 809-5562
GOLF TEAM:	Anthony Macapugay	amacapugay@sjcbears.com	(718) 940-5834

We are also pleased to announce the addition of a **SOCCER TEAM** at the **CLUB** level for the first time in 2009-2010. While we are still in the process of selecting a coach for the team, if you are interested in helping to form this club, please contact Frank Carbone directly at (718) 940-5833 for any preliminary details.

Finally, we encourage you to take part in our varied **Intramural Sports** offerings as well. Some of our featured activities include our popular Fall and Spring Open **Ping-Pong** Tournaments in addition to our frequent **Bowling** Night Out events and **Flag Football** Tournaments. Stay tuned to our website at www.sjcbears.com, your student e-mail accounts or the video display boards conveniently located around campus for any news and developments on the sports scene.

The key point to remember is that there's something for everyone at St. Joseph's - including a state-of-the-art **Fitness Center** located on Lowel Level I of Tuohy Hall. If we don't have your sport, simply ask us and we will do our best to make it happen for you !

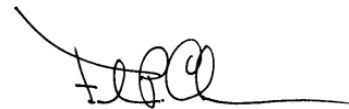
NEED MORE INFORMATION ??? HAVE ANY QUESTIONS OR IDEAS ???

SIMPLY CONTACT FRANK P. CARBONE IN THE ATHLETIC DEPARTMENT VIA E-MAIL AT FCARBONE@SJCBEARS.COM OR BY PHONE AT (718) 940-5833.

YOU CAN ALSO LEARN MORE ABOUT US ON THE WEB AT WWW.SJCBEARS.COM

Feel free to review the attached "Fast Facts" sheet for more information about our programs. In the meantime, we wish you the very best as you embark upon your collegiate career here at SJC; we wish you all the best for success both from an educational and athletic standpoint. Our goal is to provide you with the very best opportunities as part of your total experience here at St. Joseph's. We would love to have you become part of our sports family !

Sincerely,



Frank P. Carbone

On behalf of the Athletic Department



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