



**The Knox School Athletics
Pre-Season Schedule
2019**

Contact Information

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Majestic Mapp <i>Director of Athletics</i>	631-686-1600 ext. 452
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Anthony Aurisano <i>Dean of Students</i>	631-686-1600 ext. 417
Maureen Van Moffaert <i>Director of Student Life</i>	631-686-1600 ext. 418
AOD after 5:00 p.m.	631-873-8240



The Knox School Athletics Overnight Pre- Season 2019

Welcome Student- Athletes!

Over the next few days, you will get to know your coach, teammates, and fellow Student-Athletes. The pre-season is designed to prepare you mentally and physically for the athletic season ahead. Prepare yourself to work hard, learn and HAVE FUN!

Below, you will find a list of things to bring and the schedule of events.

Things To Bring

- Sunscreen
- Bug Spray
- Swimming Attire
- Towel
- Sneakers/Running Shoes
- Athletic Clothing
 - Returning Students (Knox Athletic Gear)
- Change of clothes (practice twice a day)
- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.)
- ***Soccer:** cleats, shin guard and socks
- ***Volleyball:** sneakers, shorts, socks, knee pads
- * **Tennis:** sneakers, shorts, tennis rackets
- * **Crew:** Spandex Tights, change in clothes
- ***Equestrian:** Helmet, Boots, Equestrian Tights

DAY 1**AUGUST 25th, 2019**

12:00p.m. -4:00p.m.	Student-Athletes Arrive Student-Life (Ms. Van)	Gym
4:15p.m.-6:15p.m.	Registration Room keys and Dorm assignment	Gym
6:30p.m.- 8:15p.m.	Dinner/ Pizza Party Students and Coaches invited to talk eat and socialize	Tuck
8:30p.m.- 9:00p.m.	Student-Athletes Dorm Check Student-Athletes Check-in at respective Dorm	Gym
9:15p.m.- 10:30p.m.	Dorm Social Hour Respective Dorms	Dorms
10:45p.m.-7:30a.m.	Lights Out /Room Check Student Life Mrs. Van All students go to sleep and wake up	Respective Dorm

Day 2**August 26th, 2019**

7:45a.m. -9a.m.	Hot Breakfast Pancakes, Scrambled, Eggs, Turkey/Pork bacon, Yogurt, Fruit, Juice, Water	Houghton Hall
9:15a.m.-11:15a.m.	Team Practices Girls Tennis @ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym Equestrian @ Barn	See List
11:30-12:15p.m.	Lunch Grilled Chicken Panini w/ Roasted Peppers, Pasta and Garden Salad, Fruit	Houghton Hall
1:00p.m.- 2:00p.m.	Students Athletes Orientation / Athletic Department Expectations Majestic Mapp (Director of Athletics) Alexandra Tannous (Asst. Director of Athletics)	Houghton/Solarium
2:15p.m.- 4:20p.m.	Teams Practice Girls Tennis @ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ WR Equestrian @ Barn	See List
4:30p.m.-5:15p.m.	Shower Break Students to Dorms	Dorm
5:30p.m.-6:15p.m.	Dinner Steak, String Beans, Mashed Potatoes	Houghton Hall
6:30p.m.-8:00p.m.	Athlete Documentary TBD Student Life	Library
8:00p.m.-9:15p.m.	Knox Athletics Social Hour Snacks	Tuck
9:30p.m.- 10:30p.m.	Dorm Social Hour Respective Dorms	Dorm

Day 3**August 27th, 2019**

7:45a.m. -9a.m.	Hot Breakfast French Toast, Scrambled Eggs, Turkey/Pork Sausage, Yogurt, Fruit, Juice, Water	Houghton Hall
9:15a.m.-11:15a.m.	Team Practices Girls Tennis @ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym Equestrian @ Barn	See List
11:30-12:15p.m.	Lunch Pizza (BBQ Chicken, Cheese & Veggie), Pasta and Garden Salad ,Fruit	Houghton Hall
1:00p.m.- 2:00p.m.	Student Life Expectations ALL ATHLETES MUST ATTEND Ms. Van Anthony Aurisano	Gym
2:15p.m.- 4:20p.m.	Teams Practice Girls Tennis/ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ WR Equestrian @ Barn	See List
4:30p.m.-5:15p.m.	Shower Break Day Students in Tuck Boarders to Dorms	Tuck/Dorm
5:30p.m.-6:15p.m.	Dinner Chicken Cutlets, Spaghetti w/ Sauce	Houghton Hall
6:45p.m.-8:45p.m.	Knox Athletic Social Hour / Team Bonding Activity Pool Open (Ms. Van Lifeguard) Pool Games, DJ Snacks (PB&J, Snack Wraps, Fruit)	Gym/Tuck
8:45p.m.-10:15p.m.	Dorm Social Hour Respective Dorms	Dorms
10:30p.m.- 7:45 a.m.	Lights Out Room Check Respective Dorms / Wake up	Dorms

Day 4**August 28th, 2019**

7:45a.m. -9a.m.	Hot Breakfast Waffles, Scrambled Eggs, Corned Beef Hash, Turkey/Pork Sausage, Yogurt, Fruit, Juice, Water	Houghton Hall
9:15a.m.-11:15a.m.	Team Practices Girls Tennis @ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym Equestrian @ Barn	See List
11:30-12:15p.m.	Lunch Grilled Chicken, Sauteed Veggies, Pasta, and Garden Salad, Fruit	Houghton Hall
1:00p.m.- 2:00p.m.	Guest Speaker ALL ATHLETES MUST ATTEND Alex Katz Alexandra Tannous/ Majestic Mapp	Gym
2:15p.m.- 4:15p.m.	Teams Practice Girls Tennis/ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym Equestrian @ Barn	See List
4:30p.m.-5:15p.m.	Shower Break/ Day Students in Tuck Boarders to Dorms	Tuck/Dorm
5:30p.m.-6:15p.m.	Dinner Chicken Wings, Waffle Fries	Houghton Hall
6:30p.m.-8:00p.m.	Student-Athlete Sports Documentary Student Life	Library
8:15 p.m. -9:15 p.m.	Knox Social Hour Snacks (PB&J, Snack Wraps, Fruit)	Gym
9:30p.m.- 10:30p.m.	Dorm Social Hour Respective Dorms	Dorm

Day 5**August 29th, 2019**

7:45a.m. -9a.m.	Hot Breakfast Waffles, Scrambled Eggs, Corned Beef Hash, Turkey/Pork Sausage, Yogurt, Fruit, Juice, Water	Houghton Hall
9:15a.m.-11:15a.m.	Team Practices Girls Tennis / Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym Equestrian @ Barn	See List
11:30-12:15p.m.	Lunch Grilled Chicken, Sauteed Veggies, Pasta, and Garden Salad, Fruit	Houghton Hall
1:00p.m.- 2:00p.m.	Cross-Training Teams report to various activities	Gym
2:15p.m.- 4:15p.m.	Teams Practice Girls Tennis/ Tennis Courts Crew @ Tuck/Waterfront Soccer @ Field Volleyball @ Gym	See List
4:30-6:00p.m.	Knox Soccer Game Vs St. Dominic Knox Volleyball Game TBD	Soccer Field
4:30p.m.-5:15p.m.	Shower Break/ Game Team Support Day Students in Tuck Boarders to Dorms	Tuck/Dorm
5:30p.m.-6:15p.m.	Dinner Chicken Wings, Waffle Fries	Houghton Hall
6:30p.m.-8:00p.m.	Student-Athlete Sports Documentary Student Life	Library
8:15 p.m. -9:15 p.m.	Knox Social Hour Snacks (PB&J, Snack Wraps, Fruit)	Gym
9:30p.m.- 10:30p.m.	Dorm Social Hour Respective Dorms	Dorm

DAY 6**August 30th, 2019**

7:45 a.m. -9 a.m.	Hot Breakfast Eggs Benedict, Scrambled Eggs, Home Fries, Turkey/Pork Bacon, Yogurt, Fruit, Juice, Water	Houghton Hall
9:15 a.m. -11:15a.m.	Team Practices Girls Tennis @ Tennis Courts Crew @ Tuck/Waterfront Volleyball @ Gym Soccer @ Soccer Field Equestrian @ Barn	See List
11:30 a.m. -12:15 p.m.	Lunch Italian/American Heroes, Chips, Pasta, and Garden Salad, Fruit	Houghton Hall
1:00 p.m. - 2:00 p.m.	NCAA Clearing House Info Session ALL ATHLETES MUST ATTEND Donna Pergola	Gym
2:00 p.m. - 2:15 p.m.	Closing Remarks / Athletic Department	Gym
2:30 p.m. - 3:00 p.m.	Departure / Check Out Student Life Key Return	Gym

Majestic Mapp
Director of Athletics

Alexandra Tannous
Assistant Director of Athletics