

2019-20 NEST+m PSAL Winter Sports Season

November 1st - March

SPORT	COACH	EMAIL	PRACTICES	LOCATION
Boys Basketball	Coach Charles Hohl	chohl@schools.nyc.gov	MONDAY - FRIDAY 4:00PM - 6:00PM	NEST+m Gymnasium
Girls Basketball	Coach James Castillo	jcastillo4@schools.nyc.gov	Tryouts - 10/30 2:45-4:30pm MONDAY - FRIDAY 2:40PM - 4:00PM	NEST+m Gymnasium
Co-Ed Indoor Track and Field	Coach Jackie O'Connor	joconnor10@schools.nyc.gov	MONDAY - FRIDAY 2:40PM - 5:00PM	3rd Floor Gallery Walk
Girls Table Tennis	Coach April Barabash	abarabash@schools.nyc.gov	First Practice 11/5 3pm Cafeteria TUESDAY, WEDNESDAY, THURSDAY 3:00PM - 5:30PM	NEST+m Cafeteria

All student-athletes must have completed PSAL Physical and PSAL Parent Consent forms in order to participate in tryouts, practices, and games.

All forms and information can be found at psal.org or the following links

PSAL Forms	http://www.psal.org/articles/article-detail_sp.aspx?21954
PSAL Parent Consent Form	http://bit.ly/2oaohJQ
PSAL Medical Form	http://bit.ly/2W5m92s

Any sport specific questions, please email the coach of the sport. If you have any general athletic questions, please email Athletic Director Chad Cinquegrana at ccinquegrana@schools.nyc.gov