

SJC Spring 2025 Tryout/Season Start Information

Below are the spring sports, the first day of tryout information and the head varsity coach's name and email address.

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

Sport	Head Coach & Email	First Day of Tryouts/Season	Tryout Time	Location
Baseball	Mark Gibbs mgibbs@stjohnschs.org	Thursday, February 20 th	3p-6p	Gibbs Field SJC
Crew	Ryan Gillis sjccrewcoach@gmail.com	Monday, February 24 th	3:30-6p	Erg Room SJC
Golf	Patrick Hanna sjcgolfcoach@gmail.com	Thursday, February 20 th	3p-6p	Golf Shed (Upper Field SJC)
Lacrosse (Boys')	Wes Speaks wspeaks@stjohnschs.org	Thursday, February 20 th	3-4:30p	Quinn Field SJC
Lacrosse (Girls')	Hillary Fratzke sjcgirlslax@gmail.com	Thursday, February 20 th	4:30-6p	Quinn Field SJC
Rugby (Boys')	George Contreras coachgmcontreras@gmail.com	No tryout; season has commenced	N/A	N/A
Softball	Diane Romo-Thomas dianeromo-thomas@hotmail.com	Thursday, February 20 th	3-4:30p	Upper Field SJC
Tennis (Boys')	Gary Potz sjchstennis@gmail.com	Monday, February 24 th	3:30-5p	Tennis Courts @ UDC
Track & Field	Desmond Dunham sjchstrack@gmail.com	Monday, February 24 th	4:30-6p	Upper Field SJC