

SEM Fall Athletics Information

IMPORTANT REMINDER:

All athletes need to have a valid physical before they participate. If a student does not have a valid physical by the first day of practice she is to attend practice and watch. This will still count towards athlete's eligibility.

Pre-season is mandatory for all athletes, but conflicts may be accommodated. Please contact the coach or the Athletic Director if there is a conflict.

Important athletics information and a link to the new Athletics Handbook will be emailed the first week of August. Please check buffaloseminary.org for our team schedules, which will be updated by July 5, 2017. You will find the Athletics section on the homepage of our website by clicking on the Quicklinks tab. Select Teams and Schedules for information.

There will be an opportunity to meet the team coaches at the Freshman Meet and Greet on Monday August 7, 6 – 8 PM. Students are encouraged to join a sports team regardless of previous experience.

Varsity Cross Country:

Starts: August 21, time TBD
Where: Buffalo Seminary (meet in front hall)
What to bring: Running sneakers, water bottle (coach will advise on spikes during the first week of practice)
Coach: Steve Mikos Email: stevemikos@aol.com

Varsity and JV Field Hockey:

Starts: August 17, 10 AM - 12 PM. Practice will be held Monday- Friday.
Where: Larkin Field, 101 Lincoln Pkwy
What to bring: Sneakers, cleats, FH stick, FH goggles, FH shin guards, mouthguard
Coach: Leigh Przepiora Email: PrzepioraL@maryvaleufsd.org

Varsity Swimming:

Starts: August 21, time TBD
Where: Hoover Middle School, 249 Thorncliff Road, Kenmore, NY
Please use entrance on Sheridan Avenue.
What to bring: Bathing suit, goggles, swim cap, towel (This is subject to change)
Coach: Amanda Gareis

Varsity Soccer:

Starts: August 17, 8 - 10 AM. Practice will be held Monday- Friday.
Where: Larkin Field, 101 Lincoln Pkwy
What to bring: Sneakers, cleats, shin guards
Coaches: Jillian Beccue and Elisabeth Beccue Email: buffalojillian@gmail.com

Varsity Golf:

Starts: August 21, 5- 6:30 PM. Practice will be held Monday- Friday.
Where: Bob-O-Links Golf Course, 5085 Transit Road, Orchard Park
What to Bring: Golf clubs if you have them, respectable golf attire
Coaches: Jim and Edi Dref Phone: (716) 783-2987

Varsity Crew:

Starts: August 21, time TBD. Practice will be held Monday- Friday.
Where: BSRA boathouse, 345 Ohio Street
What to bring: Sneakers, bring appropriate clothes for the weather

Varsity Sailing:

Starts: Sept. 11, 4-7 PM
Where: Buffalo Yacht Club
What to bring: Info provided at first practice
Advisor: Kim Cannon
Email: Kcannon214@roadrunner.com

For More Information Please Contact our Athletic Department:

Athletic Director:

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