



2023 Spring Sports Coaches Contact and First Activity Schedule

Baseball

Jason O'Reilly, Head Coach

joreilly@johnbapst.org

First Activity:

Monday, March 20

Arm Conditioning, 5-7 p.m.

John Bapst Gym

Equipment: *Workout attire, proper running shoes, glove, catcher gear (if applicable), water*

Lacrosse

Drew McLaren, Head Coach

drewpmac@gmail.com

First Activity:

Monday, March 27

Practice, 7-8:30 p.m.

John Bapst Gym/Darling Center

Equipment: *Workout attire, proper running shoes, helmet, shoulder pads, water*

Softball

Shannon Whiting, Head Coach

swhiting@johnbapst.org

First Activity:

Monday, March 20

Arm Conditioning, 3-5 p.m.

John Bapst Gym

Equipment: *Workout attire, proper running shoes, glove, catcher gear (if applicable), water*

Tennis

Jason Hoyt, Head Coach

Jason.h.hoyt@maine.edu

First Activity:

Monday, March 27

Practice, Time TBD

Armstrong Indoor Tennis Center, 60 Mecaw Rd., Hampden

Equipment: *Workout attire, tennis shoes, racket, water*

Track and Field

Angel Nelligan, Jacob Maddaus, Co-Head Coaches

anelligan@johnbapst.org,

jmaddaus@johnbapst.org

First Activity:

Monday, March 27

Practice, 2:30-4:30 p.m.

Darling Center

Equipment: *Workout attire, proper running shoes, water*

Note: The entire schedule for the first week, game schedules for the season, and team/parent zoom meeting dates will be announced during the week of March 20. Please direct any questions to the coaches listed or to the Athletic Director at doconnell@johnbapst.org.