

O'NEILL SPORTS PROGRAM

Welcome! James I. O'Neill High School offers a wide variety of interscholastic sports. Our sports program is based on four core values: competition, character, civility, and citizenship. All of our coaches strive to develop in all of our student athletes the following attributes:

1. Skill and knowledge of game strategies
2. Fitness and conditioning
3. Responsibility, trustworthiness and fair play
4. Respect
5. Loyalty and teamwork

Student participation in interscholastic activities enhances academic achievement, develops good citizenship, and promotes healthy lifestyles. O'Neill feels that participation on our sports teams is a privilege and we expect all of our student-athletes to honor, value, and uphold the core values that our school embraces.

STUDENTS MUST HAVE A CURRENT SPORTS PHYSICAL PRIOR TO THE FIRST DAY OF TRY-OUTS.

LISTING OF ALL SPORTS (categorized by season)

Season	Sport	Varsity	JV	Boys	Girls
Fall Mid-August through Mid-November	Football	X	X	X	
	Soccer	X	X	X	X
	Cheerleading	X	X	X	X
	Equestrian			X	X
	Tennis	X	X		X
	Cross Country	X	X	X	X
	Volleyball	X	X		X
Winter Mid-November through end of February	Basketball	X	X	X	X
	Indoor Track & Field	X	X	X	X
	Cheerleading	X	X	X	X
	Skiing	X	X	X	X
	Hockey	X		X	X
Spring Mid-March through end of May	Lacrosse	X		X	X
	Golf	X		X	X
	Tennis	X		X	
	Crew	X		X	X
	Baseball	X	X	X	
	Softball	X	X		X
	Spring Track & Field	X	X	X	X