

ST. FRANCIS ATHLETICS

FALL SPORTS TRYOUT INFORMATION – *SUBJECT TO CHANGE*

REQUIREMENTS (SPARTAN CARDS)

All student-athletes must have the following six items of the *Spartan Card* completed BEFORE they can tryout, practice or participate (NO EXCEPTIONS). Please fill out the four forms located on the St. Francis website or this packet and return by **WEDNESDAY, JULY 28TH**.

1. A current (within one calendar year) ***Health Physical Exam Form***
2. A signed ***Co-Curricular Participation Contract***
3. A completed ***Student Health and Emergency Form***
4. A signed ***Parent Permission form*** for athletic participation
5. A signed ***IHSA Drug Testing*** consent form
6. Completed ***SFHS Participation Fee Form*** with **Payment**

All Football, Boys Soccer, Boys and Girls Golf and Girls Swimming participants will pick up their Spartan Card on Tuesday, August 10th between 4:30pm and 6:00pm in the Student Commons (Door #19). All Cross Country, Girls Tennis and Girls Volleyball participants will pick up their Spartan Cards on Wednesday, August 11th 30-minutes prior to the start of their first practice

The Spartan Card will then be submitted to their respective coaches prior to the start of their first practice allowing the student-athlete to participate.

CROSS COUNTRY (Boys and Girls)

The first day of practice is **Wednesday, August 11th**. Please meet in the Student Commons at **8:30 a.m.** You need (at a minimum) a good pair of running shoes, two t-shirts, water bottle and sweat pants. Practice concludes at 12:00 p.m. Practice times for the rest of the week are announced on the first day.

Questions – Contact Coach Nelson at snelson@sfhsnet.org

Levels Offered: Varsity and Sophomore

FOOTBALL (Boys)

The first day of practice is **Wednesday, August 11th**. Please meet in the Student Commons at **8:00 a.m.** You need to bring all equipment handed out to you during summer camp, cleats, lunch/dinner and plenty of fluids. Practice times for the rest of the week are announced on the first day.

Varsity 8:30 a.m. – 11:30 a.m. (report to school by 8:00 a.m.)

Sophomores 8:30 a.m. – 11:30 a.m. (report to school by 8:00 a.m.)

Freshmen 10:00 a.m. – 1:00 p.m. (report to school by 9:30 a.m.)

Questions – Contact Coach Purnell at gpurnell@sfhsnet.org

Levels Offered: Varsity, Sophomore and Freshman

GOLF (Boys)

Qualifying takes place on **Wednesday, August 11th and Thursday, August 12th**

- Wednesday's Tee Time (18 holes) – 7:30 a.m. @ Cantigny Golf (Wheaton, IL)

- Thursday's Tee Time (18 holes) – 7:00 a.m. @ Cantigny Golf (Wheaton, IL)

Team selections are made after Wednesday and Thursday's rounds. Players must have their own clubs, a collared shirt, no cut-off shorts and spikeless golf shoes or tennis shoes. To sign up for tryouts, please e-mail Coach Murphy by August 7th your name, e-mail address, phone number, and year in school. Cost \$20 per day. Mandatory Information Meeting – July 27th, 7:00pm at Cantigny

Questions - Contact Coach Murphy at pmurphy@sfhsnet.org.

Levels Offered: Varsity and Sophomore

GOLF (Girls)

Qualifying takes place on **Wednesday, August 11th**

- Wednesday's Tee Time (18 holes) @ 7:30 a.m. @ St. Andrews Golf (West Chicago, IL)

Team selections are made after Wednesday's round. Players must have their own clubs, a collared shirt, no cut-off shorts and spikeless golf shoes or tennis shoes. Please arrive for tryouts at 7:00 a.m. To sign up for tryouts, please e-mail Coach Walsh by August 6 your name, e-mail address, phone number, and year in school. Cost \$20.

Questions - Contact Coach Walsh at mwalsh@sfhsnet.org.

Levels Offered: Varsity and Sophomore

SOCCKER (Boys)

The first day of practice is **Wednesday, August 11th**. Please meet Briar Patch Park in Wheaton (1750 Briarcliff Blvd) at 8:30 a.m. Tryouts for all grades conclude at 11:00 a.m. Practice times for the rest of the week are announced on the first day.

Questions – Contact Coach Keigley at kkeigley@sfhsnet.org

Levels Offered: Varsity and Sophomore

SWIMMING (Girls)

Tryouts will begin on **Wednesday, August 11th**. Please meet at Sunset Pool in Glen Ellyn at 8:00 a.m.. Practice will end at 10:00 a.m. You need (at a minimum) a swimsuit and goggles.

Questions – Contact TBA at plinden@sfhsnet.org

Level Offered: Varsity

TENNIS (Girls)

Tryouts will begin on **Wednesday, August 11th**. Be sure to bring plenty of fluids. You need (at a minimum) a good pair of tennis shoes, water bottle and your own racquet. All athletes need to report to the tennis courts 30 minutes prior to their first practice.

Freshman and Sophomores 3:15 p.m. – 5:15 p.m.

Juniors and Seniors 6:00 p.m. – 8:00 p.m.

Questions – Contact Coach Bussey at mbussey@sfhsnet.org

Levels Offered: Varsity and Sophomore

VOLLEYBALL (Girls)

The first day of practice is **Wednesday, August 11th**. All participants need to report to the Student Commons 30 minutes prior to the start of their first session and are expected to attend all of their grade level sessions until teams are chosen. Practice times for the rest of the week are announced on the first day.

Varsity 8:00 a.m. – 10:00 a.m. 2:00 p.m. – 3:30 p.m. 5:00 p.m. – 6:30 p.m.

Sophomores 9:30 a.m. – 11:30 a.m. 3:00 p.m. – 4:30 p.m.

Freshmen 11:00 a.m. – 1:00 p.m. 4:00 p.m. – 5:30 p.m.

Questions – Contact Coach Kopec at pkopec@sfhsnet.org

Levels Offered: Varsity, Sophomore and Freshman

If you have any general questions regarding athletics at St. Francis, please contact me at plinden@sfhsnet.org.

Paul A. Linden

Director of Athletics