

## **2019-2020 HSE Int & JH Athletic Info**

**\*Athletes MUST have an IHSA Physical Form dated on or after APRIL 1<sup>st</sup> 2019 on file with Mr. Guest (hard copy) & Rank One online signature forms completed on or after 5/1/19 before participating. Directions on athletics website.\***

Website: <https://hij.hseschools.org/student-life/athletics>

### **2019 Fall Sports Info - Subject to change. Check team websites for updates/changes**

#### **7<sup>th</sup>/8<sup>th</sup> grade Cheerleading (Football)**

Call Out Meeting for athletes & parents: Tuesday, April 9<sup>th</sup> 2019 from 5:30-6:30pm in LGI Room (enter door #3)

Tryouts: Wednesday, May 1<sup>st</sup> & Thursday, May 2<sup>nd</sup> 2019 from 5:00-6:30pm in Aux Gym. Friday, May 3<sup>rd</sup> from 5:00-6:30pm will be used if needed for anyone who is not able to make Wednesday or Thursday's tryout.

- Enter Door #3 on South side of school
- **\*Basketball Cheer Tryouts will be held in the Fall, dates TBD\***

#### **7<sup>th</sup>/8<sup>th</sup> grade Football (no cuts)**

Call Out Meeting (Players Only): Tuesday, March 19<sup>th</sup> 2019 during SLT (2:15pm) in Main Gym

Player/Parent Meeting & Equipment Pick Up: Thursday, August 1<sup>st</sup> 2019 in the **AUX Gym @ HIJH**

- Enter door #3 (south side)
- 7<sup>th</sup> grade 5:30-6:00pm / 8<sup>th</sup> grade 6:30-7:00pm

1<sup>st</sup> Practice: Monday, August 5<sup>th</sup> 2019 3:00-5:00pm

- Practices are every weekday (excluding game days) from 3:00-5:00pm
- Pickup/Drop off is to be in the NORTH parking lot by Cyntheanne Park. Players will meet by the mini-barn.

#### **6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade Boys & Girls Cross Country (no cuts)**

Call Out Meeting (athletes only): Tuesday, May 21<sup>st</sup> 2019 after school in Main Gym until approximately 3:30pm

**Parents please pick up in south lot along curb near doors 3, 4, and 5.**

Optional Summer Conditioning: see calendar on XC website for info

1<sup>st</sup> practice: Thursday, August 1<sup>st</sup> 2019 9:00-10:30am

- Runners should meet outside by the entrance to the football stadium (next to the tennis courts)
- Practices are weekdays after school starting at 3pm Monday-Thursday.
- No practices on Fridays. Saturday AM practices @ Flat Fork 7:30-8:30am

#### **7<sup>th</sup>/8<sup>th</sup> grade Girls Volleyball**

Call Out Meeting (players only): Tuesday, May 21<sup>st</sup> 2019 after school in Main Gym until approximately 3:30pm

**Parents please pick up in south lot along curb near doors 3, 4, and 5.**

Optional Open Gyms: Mon, 7/29 and Tues, 7/30 from 3:00-5:00pm (must have physical on file & Rank One forms done)

Tryouts: Thursday, August 1<sup>st</sup> and Friday, August 2<sup>nd</sup> 2019

- 7<sup>th</sup> grade tryouts: 3:00-5:00pm / 8<sup>th</sup> grade tryouts: 5:30-7:30pm
- Pickup/Drop off is to be at DOOR #3 in the SOUTH lot
- Teams made up of approximately 10-12 players at each grade level.
- First official team practice: Monday, August 5<sup>th</sup> 2019 from 3:00-5:00pm
- Practices are every weekday (excluding match nights) from 3:00-5:00pm

#### **7<sup>th</sup>/8<sup>th</sup> grade Boys & Girls Tennis**

Call Out Meeting (players only): Tuesday, May 21<sup>st</sup> 2019 after school in Main Gym until approximately 3:30pm

**Parents please pick up in south lot along curb near doors 3, 4, and 5.**

Tryouts: Thursday, August 8<sup>th</sup> & Friday, August 9<sup>th</sup> 2019 @ HIJH Tennis Courts from 3:00 – 5:00pm

- Players should wear a plain white T-shirt that can be written on at tryouts and bring their own racquet & water jug.
- Team will be made up of 10-12 boys and 10-12 girls (20-24 players total).
- Practices are Mon-Thurs each week from 3-4:30pm (excluding match nights).
- No practices on Fridays (except for tryouts on 8/9/19).

#### **7<sup>th</sup>/8<sup>th</sup> grade Girls Golf**

Call Out Mtg (players only): Tuesday, May 21<sup>st</sup> 2019 after school in Main Gym until approximately 3:30pm.

**Parents pick up on south side along curb by doors 3, 4, and 5.**

Tryouts: Thursday, August 8<sup>th</sup> and Friday, August 9<sup>th</sup> 2019 at Gray Eagle Golf Course from 3:00-5:00pm.

- Transportation provided from school to the golf course. Players are to arrange rides home after tryouts.
- **Players must provide their own clubs.** A team golf bag will be provided to those who make the team (10 girls total).

## 2019-2020 Winter Sports Info (Subject to change. Check team websites for updated info)

### 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade Boys Basketball

Call Out Meeting (players only): Wednesday, October 9<sup>th</sup> 2019 after school in Main Gym until approximately 3:30pm

Parents pick up/drop off in South lot along curb near doors 3, 4 and 5.

Tryouts: Tuesday, October 22<sup>nd</sup>/Wednesday, October 23<sup>rd</sup>/Thursday, October 24<sup>th</sup> 2019

- 7<sup>th</sup> grade 3:00-5:00pm Main Gym
- 8<sup>th</sup> grade 3:00-5:00pm Aux Gym
- 6<sup>th</sup> grade 5:30-7:30pm Main Gym
- 1<sup>st</sup> cut after Wednesday, final cut after Thursday (Teams made up of 14-18 players at each grade level)
- Parents pick up/drop off in South lot along curb near doors 3, 4 and 5. Players enter door 5.

### 7<sup>th</sup>/8<sup>th</sup> grade Girls Basketball

Call Out Meeting (players only): Wednesday, November 13<sup>th</sup> 2019 after school in Cafeteria until approximately 3:30pm

Parents pick up/drop off in South lot along curb near doors 3, 4 and 5.

Tryouts: Monday, November 18<sup>th</sup> / Wednesday, November 20<sup>th</sup> / Friday, November 22<sup>nd</sup> 2019

- 3:30 – 5:30pm on Monday (early release day, players will attend study tables in café from 2:30-3:30pm before tryouts).
- 3:00-5:00pm on Wednesday and Friday
- 1<sup>st</sup> cut made after Wednesday, final cut after Friday
- Teams made up of 14-18 players at each grade level
- Parents pick up in South lot along curb near doors 3, 4 and 5.

### 6<sup>th</sup> grade Girls Basketball

Call Out Meeting (players only): Wednesday, November 13<sup>th</sup> 2019 after school in Cafeteria until approximately 3:30pm

Parents pick up in South lot along curb near doors 3, 4 and 5.

Tryouts: Monday, December 2<sup>nd</sup>/Wednesday, December 4<sup>th</sup> / Friday, December 6<sup>th</sup> 2019

- 3:30 – 5:30pm on Monday (early release day, players will attend study tables in café from 2:30-3:30pm before tryouts).
- 3:00-5:00pm on Wednesday and Friday
- 1<sup>st</sup> cut made after Wednesday, final cut after Friday
- Team made up of 14-18 players.
- Parents pick up in South lot along curb near doors 3, 4 and 5.

### 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade Wrestling (no cuts)

Call Out Meeting (athletes only): Wednesday, November 13<sup>th</sup> 2019 after school in Cafeteria until approximately 3:30pm

Parents pick up in South lot along curb near doors 3, 4 and 5.

“Mini Camp” Practices:

- TBA – check wrestling website for updates

1<sup>st</sup> OFFICIAL Team Practice: Wednesday, December 4<sup>th</sup> 2019 3:00-5:00pm in Aux Gym

- Parents please pick up/drop off @ door #5 on south side
- Practices are weekdays (times vary). Coaches will pass out season calendar at call out meeting.

## 2020 Spring Sports Info (Subject to change. Check team websites for updated info)

### 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade Girls/Boys Track & Field (no cuts)

Call Out Meeting (athletes only): Wednesday, March 4<sup>th</sup> 2020 after school in Main Gym until approximately 3:30pm

Parents pick up in south lot near doors 3, 4, and 5

1<sup>st</sup> practice: Tuesday, March 17<sup>th</sup> 2020 3:00-5:00pm

- Practices are after school each weekday. Coaches will distribute season calendar at call out meeting.

### 7<sup>th</sup>/8<sup>th</sup> grade Boys Golf

Call Out Meeting (players only): Tuesday, March 17<sup>th</sup> 2020 after school until approximately 3:30pm (Location TBD).

Parents pick up on south side near door 3

Tryouts: Tuesday, March 24<sup>th</sup> – Friday, March 27<sup>th</sup> 2020 3-5pm (transportation provided to golf course, parents must pick up after)

- Team will be made up of a maximum of 10 boys total (7<sup>th</sup> and 8<sup>th</sup> grade combined).
- All players will get at least 2 days of tryouts. Tryout schedule will be determined at call out meeting.
- **Players must provide their own clubs.** A team golf bag will be provided to those who make the team.

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Website: <https://hij.hseschools.org/student-life/athletics>



Build Character – Inspire Excellence – Realize Potential

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