

# ST. FRANCIS ATHLETICS

## SPRING SPORTS TRYOUT INFORMATION – *SUBJECT TO CHANGE*

### REQUIREMENTS

All student-athletes must have the following six items completed **BEFORE** they can tryout, practice or participate (NO EXCEPTIONS). Please fill out the six forms located on the St. Francis website and return by **FRIDAY, FEBRUARY 17<sup>TH</sup>**.

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. A signed *Concussion Information Form*
7. Completed *SFHS Participation Fee Form* with Payment

Spring Coaches will be given a list of participants who have all forms turned in and are cleared to participate—please check with your coach 30 minutes before try-outs/first practice session are scheduled to start to ensure that you are on the list. If you are not on the list, then you are not cleared to participate/try-out. If this is the case, please report to the athletic director's office immediately to find out what you need to be cleared to try-out/participate. Once you are cleared, you will be given a signed clearance (Spartan) card to give to your coach so you can begin your try-out/participation. You will not be allowed to try-out/participate without being on the list or receiving a clearance Spartan card. Again, **NO EXCEPTIONS!**

### BASEBALL

Tryouts will be as follows:

Frosh & Soph: February 27<sup>th</sup>, 3:30-5:30 pm - Hubble

Varsity: February 27<sup>th</sup>, 6:00-8:00 pm – Spyglass Gymnasium

Tryouts on February 28<sup>th</sup> & 29<sup>th</sup> – Location and Time TBD

Questions – Contact Coach Janor at [rich@janorsports.com](mailto:rich@janorsports.com)

*Levels Offered:* Frosh, Soph and Varsity

### LACROSSE (Boys)

Tryouts will be as follows:

All Levels: February 27<sup>th</sup> – March 2<sup>nd</sup> – Location TBD

All Levels: March 5<sup>th</sup> – March 8<sup>th</sup> – Location TBD

Questions – Contact Coach Tuskey at [dtuskey@live.com](mailto:dtuskey@live.com)

*Levels Offered:* Varsity, JV

### LACROSSE (Girls)

Tryouts will be as follows:

JVA: February 27<sup>th</sup>, 7-9 pm- Finish Strong (551 W. Roosevelt Rd., West Chicago)

February 28<sup>th</sup>, 5:15-7:15 pm- SFHS Spyglass and Slantdome Gymnasiums

JVB: February 29<sup>th</sup>, 7-9 pm- Finish Strong (551 W. Roosevelt Rd., West Chicago)

March 1<sup>st</sup>, 5:15-7:15 pm SFHS Spyglass and Slantdome Gymnasiums

Questions – Contact Coach Borgeson at [brittanyborgeson@gmail.com](mailto:brittanyborgeson@gmail.com)

*Levels offered:* JVA and JVB

### SOCCKER (Girls)

Tryouts will be for all levels on February 27<sup>th</sup> from 3:15-4:30 pm. Please bring shin guards, shoes and a water bottle with you to tryouts. Location TBD

Questions – Contact Coach Winslow at [jwinslow@sbcglobal.net](mailto:jwinslow@sbcglobal.net)

*Levels Offered:* Varsity and JV

### SOFTBALL

Tryouts will be as follows:

Soph: February 27<sup>th</sup>, 5:15-7:15 pm in the Slantdome Gymnasium

Varsity: February 27<sup>th</sup>, 7:15-9:15 pm in the Slantdome Gymnasium

Questions – Contact Coach Remus at [remusdad@aol.com](mailto:remusdad@aol.com)

*Levels Offered:* Varsity and Soph

### TENNIS

Tryouts will be as follows:

Frosh & Soph: February 27<sup>th</sup>, 3:15-4:30 pm – SFHS Tennis Courts

Juniors & Seniors: February 27<sup>th</sup>, 4:00-5:30 pm –SFHS Tennis Courts

\*\*\*If the temperature is below 40 degrees, arrangements have been made to use courts at the Wheaton Sport Center. Check with Coach Bussey about plans for cold weather. The players can check daily in Room 1216 or contact Coach Bussey at [mbussey@sfhsnet.org](mailto:mbussey@sfhsnet.org)

*Level Offered:* Frosh, Soph and Varsity

### TRACK AND FIELD (Boys)

The first day of practice is February 21<sup>st</sup>. Practices will be held at the St. Francis High School from 3:15-6:00 pm each day. Participants will meet in the Slant Dome Gymnasium.

Questions – Contact Coach Nelson at [snelson@sfhsnet.org](mailto:snelson@sfhsnet.org)

*Levels Offered:* Frosh/Soph and Varsity

### TRACK AND FIELD (Girls)

The first day of practice is February 21<sup>st</sup>. Practices will be held at the St. Francis High School from 3:15-6:00 pm each day. Participants will meet in the Slant Dome Gymnasium.

Questions – Contact Coach Nelson at [snelson@sfhsnet.org](mailto:snelson@sfhsnet.org)

*Levels Offered:* Varsity (J/V)

### VOLLEYBALL (Boys)

Tryouts will be as follows:

Frosh & Soph: March 5<sup>th</sup> & 6<sup>th</sup>, 3:15-5:00 pm in the Spyglass Gymnasium

Varsity: March 5<sup>th</sup> & 6<sup>th</sup>, 5:00-7:15 pm in the Spyglass Gymnasium

Questions – Contact Coach Lynch in Room 1107 or email him at [mlynch@sfhsnet.org](mailto:mlynch@sfhsnet.org)

*Levels Offered:* Frosh, Soph and Varsity

If you have any general questions regarding athletics at St. Francis, please contact me at [dhardwick@sfhsnet.org](mailto:dhardwick@sfhsnet.org).

*Dan Hardwick*

Director of Athletics