

FALL SEASON -

CHEERLEADING – Fall & Winter Cut Sport Levels offered: V and JV

HEAD COACH: Emily Bowman (emily.deaneb@gmail.com)

TRYOUTS: Tryouts were completed in May, 2019 Location of tryouts: Commons

PARTICIPATION FEE: \$250 **OTHER COSTS:** Camp – Approximately \$100 (clothes, bow, food, and registration)
Approximately Shoes - \$70, Sweatshirt - \$30 (optional)
Tumbling and other expenses as outlined by coach

SPECIAL INSTRUCTIONS: Wear black shirt, black shorts, cheer shoes and a bow.

CROSS COUNTRY (Boys) – Fall Non-Cut Sport Levels offered: V, JV, S, & F

HEAD COACH: Charlie Kern (ckern@elmhurst205.org)

PRACTICE BEGINS: 8/12/19 Time of practice: 3:15 pm Location of practice: Athletic Lobby

PARTICIPATION FEE: \$100 **OTHER COSTS:** Racing spikes and other apparel optional (spirit pack, warm-ups)

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Wear athletic attire, shorts and shirt, and bring a water bottle.

CROSS COUNTRY (Girls) – Fall Non-Cut Sport Levels offered: V, JV, S, & F

HEAD COACH: Lauren DeAngelis (ldeangelis@elmhurst205.org)

PRACTICE BEGINS: 08/12/19 Time of practice: 3:15 pm Location of practice: Field House

PARTICIPATION FEE: \$100 **OTHER COSTS:** Training shoes, chronograph watch, racing spikes; other apparel optional
(Team Shop)

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Be prepared to run outside (water bottle, running shoes, athletic wear and chronograph watch)

FOOTBALL (Boys) – Fall Non-Cut Sport Levels offered: V, JV, S, FR. A. & FR. B

HEAD COACH: Mike Fitzgerald (michaelfitzgerald@elmhurst205.org)

PRACTICE START DATE: 8/12/19 Time of practice: - TBD

PARTICIPATION FEE: \$200 Location: Varsity – Stadium, Frosh/Soph – Meet inside Athletic Entrance

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Players should bring their equipment from the summer.

GOLF (Boys) – Fall Cut Sport Levels offered: V and F/S

HEAD COACH: Jim Borel (jborel@elmhurst205.org)

TRYOUTS: 08/12-14, 2019 Time of tryouts: 8/12/19 – 2:00 pm – All levels Maple Meadows Golf Course
8/13/19 – 2:00 pm – All levels Maple Meadows Golf Course
8/14/19 – 3:30 pm – All Levels Maple Meadows Golf Course

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

Location of tryouts: Maple Meadows Golf Course, Wood Dale, IL

PARTICIPATION FEE: \$250 (paid after tryout) **OTHER COSTS:** Green Fees for tryouts \$90.00/Varsity - \$45.00/Freshman-Sophomore

SPECIAL INSTRUCTIONS: Varsity will play 18 holes and Frosh/Soph will play 9 holes each day of tryouts. Bring clubs, golf shoes, and money for snacks

GOLF (Girls) – Fall Cut Sport Levels offered: V and JV

HEAD COACH: Barb Tilden (tilden33@aol.com)

TRYOUTS: 08/12 & 13/2019 Time of tryouts: 1:00 pm tee time – Arrive between 12:30 and 12:45 pm

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

Location of tryouts: Sugar Creek Golf Course, Villa Park

PARTICIPATION FEE: \$250 (paid after tryout)

OTHER COSTS: Green Fees for tryouts \$36.00, bring additional money for snacks and drinks.

SPECIAL INSTRUCTIONS: Bring clubs, golf shoes, and money for snacks

POM PONS (Girls) Competitive Dance– Fall & Winter Cut Sport

Level offered: V, JV

HEAD COACH: Alyssa Ortiz (aortiz@elmhurst205.org)

TRYOUTS: Were conducted in April, 2019 Time of tryouts: 4:30-6:30 pm Location of tryouts: Dance studio (Black Box)

PARTICIPATION FEE: \$250 **OTHER COSTS:** Dance shoes, leotards, shorts, tights

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Will need tights, black tee shirt and either dance shoes or gym shoes

SOCCER (Boys) - Fall Cut Sport

Levels offered: V, JV, S, & F

HEAD COACH: Lukasz Majewski (lmajewski@elmhurst205.org)

TRYOUTS: Week of 8/12/2019

Time of tryouts: 8/12 – Varsity/JV at the Stadium 6:00 – 8:00 pm – Freshman/Sophomore at Berens Park 4:00-6:00 pm

LOCATION: JV/Varsity – Stadium ; Frosh/Soph – Berens Park

PARTICIPATION FEE: \$100 (paid after tryouts)

OTHER COSTS: \$35 games socks and two practice shirts. Spirit gear optional 1st week of school

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Bring soccer gear, soccer ball, running shoes, shin guards, and a water bottle

SWIMMING & DIVING (Girls) - Fall Non-Cut Sport

Levels offered: V, JV, & F

HEAD COACH: mjensen (meganroark@elmhurst205.org)

PRACTICE START DATE: 08/12/19 **LOCATION:** York Aquatics Center – 3:00-6:00 pm

PARTICIPATION FEE: \$155 **OTHER COSTS:** \$70 Swim suit and cap. Other team apparel optional

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

SPECIAL INSTRUCTIONS: Please bring swimsuit, swim cap and goggles to first practice

TENNIS (Girls) - Fall Cut Sport

Levels offered: V, JV I, JVII and JV Green

HEAD COACH: Tres Heimann, (theimann@elmhurst205.org)

TRYOUTS: 08/12

Time: 8/12: All Levels 3:30 pm to 6:00 pm (Freshman @ Elmhurst College Tennis Courts, Sophomores, Juniors, Seniors @ Berens Park)

(Players will be informed where to attend on 8/13 after Day 1 on 8/12)

8/13: All Levels 3:30 pm to 6:00 pm @ Berens Park/Elmhurst College

8/14: All Levels 3:30 pm to 6:00 pm @ Berens Park/Elmhurst College

8/15: All Levels 3:30 pm to 6:00 pm @ Berens Park/Elmhurst College

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

PARTICIPATION FEE: \$100

OTHER COSTS: Uniform approximately \$40 and Spirit Pack (optional)

SPECIAL INSTRUCTIONS: Come ready to play with tennis shoes, clothes, and racket

VOLLEYBALL (Girls) – Fall Cut Sport

Levels offered: V, S, & Fr. A & Fr, B

HEAD COACH: Patty Iverson, (piverson@elmhurst205.org)

TRYOUTS: 8/12/19-8/14/19

TIME OF TRYOUTS: 3:15-6:00 pm Monday, Tuesday, and Wednesday.

Athletes will attend all 3 sessions and teams will be announced after Wednesday's session.

A team bonding day is scheduled for Friday, August 16th from approximately 3:15 to 10:00 pm.

and all team/athletes are expected to attend. A parent meeting will be held from 10:00-10:30

am on Saturday, August 17th at the end of practice. Each student/athlete is expected to have a

parent/guardian attend the meeting.

Online Registration and Physical must be turned in to the Athletic Office **BEFORE** Tryouts.

Location of tryouts: Campbell Gym and Field House

PARTICIPATION FEE: \$200 (paid after tryouts) **OTHER COSTS:** Optional team apparel available

SPECIAL INSTRUCTIONS: Wear gym shoes, t-shirt, and shorts and bring a REUSABLE WATER BOTTLE and a snack. We will provide a pizza dinner.

WINTER SEASON –

BASKETBALL (Boys) – Winter Cut Sport

Levels offered: V, JV, and S, Fr. A, & FR. B.

HEAD COACH: Vince Doran, (vdoran@hinsdale86.org)

TRYOUTS: 11/6-9

Time of tryouts: 3:30 PM

Location of tryouts: Gyms

PARTICIPATION FEE: \$250

OTHER COSTS: Varsity \$ 90.00 Travel sweat suit and F & S \$25.00 - Hooded Sweatshirt (optional)

SPECIAL INSTRUCTIONS: Will need, tee shirt, shorts and gym shoes

BASKETBALL (Girls) – Winter Cut Sport

Levels offered: V, JV, S, Fr. A, & FR. B.

HEAD COACH: Brandon Collings, (bcollings@elmhurst205.org)

TRYOUTS: 10/30, 31 11/ 1 & 2

Time of tryouts: 3:30 PM

Location of tryouts: Gyms

PARTICIPATION FEE: \$250

OTHER COSTS:

SPECIAL INSTRUCTIONS: Will need, tee shirt, shorts and gym shoes

BOWLING (Girls) – Winter Cut Sport

Levels offered: V, JV, & F

HEAD COACH: Katie Turnbull (kturnbull@elmhurst205.org)

TRYOUTS: 11/13-16

Time of tryouts: 3:30 PM

Location of tryouts: Stardust Bowl (bus will be provided)

PARTICIPATION FEE: \$250

OTHER COSTS:

SPECIAL INSTRUCTIONS: Bring bowling shoes and bowling ball

GYMNASTICS (GIRLS) – Winter Cut Sport

Levels offered: V, JV I, and JV II

COACHES: Anthony Colant

TRYOUTS: 11/6-9

Time of tryouts: 4:15 pm-5:45 pm Location of tryouts: York Gymnastics Gym

PARTICIPATION FEE: \$155

OTHER COSTS: \$100 – Team Leo's, \$50 – Grips, & \$45 – warm-ups (all one-time fees)

SPECIAL INSTRUCTIONS: Bring workout gear and grips

SWIMMING & DIVING (Boys) – Winter Non-Cut Sport

Levels offered: V, JV, and F/S

HEAD COACH: Mark Laurich, (mlaurich@elmhurst205.org)

PRACTICE START DATE: 11/20

Time of try: 3:30 PM

Location of tryouts: York Pool

PARTICIPATION FEE: \$155

OTHER COSTS: \$50 for swimsuit. Need goggles. Optional apparel available-shirts and sweatshirt

SPECIAL INSTRUCTIONS: Bring swimming suit, and goggles

WRESTLING – Winter Non-Cut Sport

Levels offered: V, JV I, JVII, & F

HEAD COACH: Nick Metcalf (<mailto:nmetcalf@elmhurst205.org>)

PRACTICE START DATE: 11/6-9

Time of practice: 3:30 PM

Location of practice: Wrestling balcony

PARTICIPATION FEE: \$150

OTHER COSTS: Wrestling shoes and optional spirit gear

SPECIAL INSTRUCTIONS: Bring workout gear and wrestling shoes

SPRING SEASON –

BADMINTION (Girls) - Spring Cut Sport

Levels offered: V, JV, & F

HEAD COACH: Pia Bartoli (pbartoli@elmhurst205.org)

TRYOUTS: 2/17/17 Time of tryouts: 3:30-6:00 PM Location of tryouts: South Gym

PARTICIPATION FEE: \$155 OTHER COSTS: Badminton racket, shirt, and shorts

SPECIAL INSTRUCTIONS: Be prepared to practice – will need, tee shirt, gym shoes and racket

BASEBALL (Boys) – Spring Cut Sport

Levels offered: V, S, & Fr (some JV & Fr. B)

HEAD COACH: Dave Kalal, (dkalal@elmhurst.205.org)

TRYOUTS: 2/27/17 Time of tryouts: Varsity - AM Lower Levels – PM Location of tryouts: Field House – Gyms

PARTICIPATION FEE: \$200 OTHER COSTS: Varsity – either \$35.00 or \$115.00 (jersey, hat socks and belt)

Lower levels - \$50.00 (jersey and hat)

SPECIAL INSTRUCTIONS: Bring workout clothes, gym shoes, glove and bat.

GYMNASTICS (Boys) – Spring Non-Cut Sport

Levels offered: V, JV, & F

COACHES: Head Varsity: Nick Creil (realcriel9@gmail.com)

PRACTICE START DATE: 2/13/17 Time of tryouts: 3:20 pm -6:30 pm Location of tryouts: York Gymnastics Gym

PARTICIPATION FEE: \$155 OTHER COSTS: \$100 – grips and \$79 – Team warm and t-shirt

SPECIAL INSTRUCTIONS: Bring workout gear and grips

LACROSSE (Boys) – Spring Non-Cut for Freshman/Cut for Soph.-Seniors Levels offered: V, JV, & F

COACHES: Don Canfield, (dcanfield@elmhurst205.org)

PRACTICE START DATE: 2/27/17 Time of practice: TBA Location of tryouts: York Gyms

PARTICIPATION FEE: \$155 OTHER COSTS: Helmet, gloves, stick, shoulder pads, forearm pads and mouth piece

SPECIAL INSTRUCTIONS: Bring all equipment to first practice.

LACROSSE (Girls) – Spring Non-Cut Sport

Levels offered: V, JV, & F

COACHES: Head Varsity: Ryan Walz, (rwalz@elmhurst205.org)

PRACTICE START DATE: 2/27/17 Time of practice: TBA Location of practice: York Gyms

PARTICIPATION FEE: \$155 OTHER COSTS: Goggles, mouth piece, stick and workout gear

SPECIAL INSTRUCTIONS: Bring all equipment to first practice

SOCCER (Girls) - Spring Cut Sport

Levels offered: V, JV, S, & F

HEAD COACH: Stephan Dobric (sdobric@elmhurst205.org)

TRYOUTS: 2/27/17 Time of tryouts: 6:30-8PM Location of tryouts: York Gyms

PARTICIPATION FEE: \$100 OTHER COSTS: \$15 Game Socks,

SPECIAL INSTRUCTIONS: Be prepared to workout (gym shoes, shin guards, tee shirt and shorts)

SOFTBALL (Girls) - Spring Cut Sport

Levels offered: V, JV, & F

HEAD COACH: Elizabeth Munn (emunn@elmhurst205.org)

TRYOUTS: 2/27/17 Time of tryouts: TBA Location of tryouts: York Gyms

PARTICIPATION FEE: \$200 OTHER COSTS: Fr. \$75.00 Jersey, Socks, Sweatshirt; JV \$35, Socks, Sweatshirt; Varsity: \$100

Jersey with Name, Socks and Sweatshirt

SPECIAL INSTRUCTIONS: Bring workout gear, glove, and bat

TENNIS (Boys) - Spring Non-Cut Sport

Levels offered: V, and S (some JV)

HEAD COACH: Courtney Bison (cbison@elmhurst205.org)

TRYOUTS: 2/27/17

Time: TBD

Location: TBD

PARTICIPATION FEE: \$100

OTHER COSTS: Uniform approximately \$40 and Spirit Pack (optional)

SPECIAL INSTRUCTIONS: Come ready to play with gym shoes, gym clothes, and racket

TRACK (Boys) - Spring Non-Cut Sport

Levels offered: V, S, and F

HEAD COACH: Charlie Kern, (ckern@elmhurst205.org)

PRACTICE START DATE: 1/16/17

Time of tryouts: 3:30 PM

Location of tryouts: Field House

PARTICIPATION FEE: \$100

OTHER COSTS: Competitive shoes (spikes, throwing shoes)

SPECIAL INSTRUCTIONS: Bring running shoes, tee shirt, and shorts

TRACK (Girls) - Spring Non-Cut Sport

Levels offered: V, S, and F

HEAD COACH: Keegan Kilrea (kkilrea@elmhurst205.org)

PRACTICE START DATE: 1/16/17

Time of practice: 3:30 PM

Location of practice: Field House

PARTICIPATION FEE: \$100

OTHER COSTS: Competitive shoes (spikes, throwing shoes) (spirit pack, warm-ups optional)

SPECIAL INSTRUCTIONS: Bring running shoes, tee shirt, and shorts

VOLLEYBALL (Boys) - Spring Cut Sport

HEAD COACH: Ken Dowdy, (kdowdy@elmhurst205.org)

TRYOUTS: 3/6/17

Time of tryouts: 3:30 PM

Location of tryouts: York Gyms

PARTICIPATION FEE: \$200

OTHER COSTS: Optional team apparel available

SPECIAL INSTRUCTIONS: Bring gym shoes, tee shirt, and shorts

WATER POLO (Boys) - Spring Cut Sport

Levels offered: V and JV

HEAD COACH: Brian Drumm, (bdrumm@elmhurst205.org)

TRYOUTS: 2/27/17

Time of tryouts: 5:45-7:00 AM 3:30- 6:00 PM

Location of tryouts: York Pool

PARTICIPATION FEE: \$155

OTHER COSTS: Optional team apparel available

SPECIAL INSTRUCTIONS: Bring swim suit and goggles

WATER POLO (Girls) - Spring Cut Sport

Levels offered: V and JV

HEAD COACH: Mark Giuliani, (dgiuliani@elmhurst205.org)

TRYOUTS: 2/27/17

Time of tryouts: 5:45-7:00 AM 3:30- 6:00 PM

Location of tryouts: York Pool

PARTICIPATION FEE: \$155

OTHER COSTS: Optional team apparel available

SPECIAL INSTRUCTIONS: Bring swim suit and goggles