



Top 10 things OPRFHS student-athletes and their families must know

10. Registration for ALL sports teams will be available ONLINE.

9. The OPRFHS Athletics website is 8to18.com/oprf. Sports schedules and results for every level of each sport can be found there, as well as important announcements.

8. OPRFHS has 30 sports programs and 95 different team levels to choose from throughout the school year. We encourage students to participate in a sport each season.

7. OPRFHS student-athletes are leaders and are expected to follow the Athletic Code of Conduct, which details expectations for conduct in-school and out of school. Possession or use of alcohol, drugs, or tobacco is not allowed. Read the Code of Conduct before signing the Athletic Participation Form.

6. A Huskie Booster Club membership provides you with free admission to all regular season games at OPRFHS. Booster passes are available for purchase at home football games and in the Bookstore.

5. The best time for a student-athlete to get an annual physical exam is between May 1 and August 1. Athletic physicals must be VALID from the first tryout date through the completion of the season. There are NO EXCEPTIONS.

4. Multiple sport participation helps decrease the likelihood of injuries, reduces burnout, exposes students to a wider variety of teammates, broadens athletic skills, and is very appealing to many college coaches looking to recruit athletes.

3. Students do better in school when they are playing a sport. When in season, student-athletes tend to be more focused and have better time management skills. Athlete's grades are also monitored on a weekly basis.

2. All student-athletes will be required to pay a \$55 athletic participation fee for each sport they participate in. The fee is payable ONLY after the tryouts are completed and the student has made the team. Parents and students will attend MANDATORY team and athletic department meetings at the beginning of each sport season.

1. OPRFHS ranks third in the state with 50 IHSA State Championships, and averages 40 student-athletes per graduating class that go on to participate in athletics at the collegiate level.