

Crystal Lake Central High School Athletic Department

Carson Sterchi-Principal
Jerad Beckler-Vice Principal

45 W Franklin Ave
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Phone (815) 459-2505
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Ted Juske--Athletic Director

tjuske@d155.org

Cal Aldridge-Summer/Fall Asst. Athletic Director
Dan Badgley-Fall Asst. Athletic Director
Matt MacCrindle-Winter Asst. Athletic Director
Laura Jensen-Spring Asst. Athletic Director
Dan Aloisio-Spring Asst. Athletic Director
Brandee Iversen-Athletic Secretary



FALL TRYOUTS 25-26

BOYS GOLF

Head Coach: Matt LePage
Email: mlepage@d155.org
Tryouts: Aug 11th & 12th
Times: 1:00 PM
Location: Red Tail Golf Course

GIRLS GOLF

Head Coach: Kyle McCaughn
Email: kmccaughn@d155.org
Tryouts: Aug 11th
Times 3:00-6:00 PM / 9 holes
Location: Red Tail Golf Course

GIRLS CROSS COUNTRY

Head Coach: Brett Willhoit
Email: bwillhoit@d155.org
Practice begins: Aug 11th
Time: 3:00 PM
Location: CLC

BOYS CROSS COUNTRY

Head Coach: Judd Shutt
Email: jshutt@d155.org
Practice begins: Aug 11th
Time: 3:00 PM
Location: CLC

FOOTBALL

Head Coach: Matt MacCrindle
Email: mmaccrindle@d155.org
Practice begins: August 11th
Time: 3:00 PM / Football Field

CHEERLEADING

Head Coach: Alexa Kritikos
Email: akritikos@d155.org
Tryouts completed in April
Contact Coach Kritikos

DANCE TEAM

Head Coaches: Izzy Crounse
Email: icrounse@d155.org
Tryouts completed in May
Contact Coach Crounse

GIRLS FLAG FOOTBALL

Head Coach: Joe Capalbo
Email: jcapalbo@d155.org
Practice Begins: Aug 11th
Time: 3:00 PM / Practice Field

GIRLS SWIMMING CO-OP

Head Coach: John Valentine
Email: jvalentine@d155.org
Tryouts: Begins Aug 11th
Time: 2:30 - 4:30 PM
Location: Sage YMCA
register on CLS website:
<https://cls-hs-ar.schooltoday.com/>

BOYS SOCCER:

Head Coach: Leah Rutkowski
Email: lrutkowski@d155.org
Tryouts: Aug 11th-15th
Time: 3:00 PM
Location: CLC Soccer Fields

GIRLS TENNIS

Head Coach: Cory Osterberg
Email: costerberg@d155.org
Tryouts: Aug 11th-15th
Time: 3:00 PM
Location: CLC Tennis Courts

GIRLS VOLLEYBALL

Head Coach: Amy Johnson
Email: ajohnson@d155.org
Tryouts: Aug 11th-15th
Varsity/JV: Field House

8/11 3:00-6:00 PM
8/12 3:00-5:00 PM
8/13 5:30-7:30 PM
8/14 5:00-7:30 PM

Fr/So: Aux Gym

8/11 3:00-6:00 PM
8/12 3:00-5:00 PM
8/13 3:00-5:00 PM
8/14 3:00-5:30 PM

Athletic [Registration Link](#)

FALL SPORTS PARENT MEETING 8/12 7:00 PM