🏃 GET INVOLVED IN SPORTS AT NEW TRIER! 🏀

📅 Intramurals: Once a Week

After school or in the evening

Intramurals

- Sign up for a *season* to play a sport
- Great way to stay active and have fun!

👉 Click for more info & sign-up: Intramural League Registration

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🎯 Sports: Drop-In Options (No commitment!)

🏀 Basketball

- During your **lunch periods** in E100 in Winnetka

🏸 Badminton - contact kelshk@nths.net

- **Monday nights** (Nov–Feb)
- ⏰ 7:30–9:00 PM
- 📍 Northfield gyms 1-2

🏆 Athletic Teams: 6 Days/Week (Mon - Sat)

Run by the Athletic Department

📧 athletics@nths.net
📞 (847) 784-2225

🗓️ SPORTS SEASONS - see what is available

- Fall Sports: Starts in August (before school)
- Winter Sports: Starts in November
- Spring Sports: Starts at the end of February

- Practices & competitions 6 days a week (Mon - Sat)
- Usually **right after school**
- 📍 Winnetka or Northfield
- Must register **before the season** begins
- Submit a physical form

🩺 PHYSICAL EXAMINATION REQUIREMENTS

- Students need an examination with a doctor
- Required **before participation in tryouts/practice**
- Submit at least **3 school days before season starts**
- Valid for **395 days**

📍 Submit it to Health Services:

- Email: healthservices@nths.net
- Fax: 847-835-9852
- In person:
    - Winnetka – Room 029
    - Northfield – Room D105

⚠️ If your physical expires during the season, you must submit an updated one before continuing.

❤️ Special Olympics – Peer Volunteer Wednesday Nights

Make a difference through sports!

- Help athletes participate in:
    - Volleyball 🏐
    - Basketball 🏀
    - Track & Field 🏃‍♀️
- No experience needed!

👉 Click for more info & sign-up: Special Olympics