New Trier Girls' Bowling - Tryout FAQ

1. ***When are Girls' Bowling Tryouts this year?***

   November 16-19, 2026. All bowlers attend EACH day.

2. ***Do I need experience?***

   No. Absolutely not. We generally work with bowlers who have limited experience. Within a couple of years, we are able to train you to compete with some of the top bowlers in the state.

3. ***Does everyone make the Girls' Bowling Team?***

   While we do keep large teams, we do have a limited amount of space.

4. ***Do I need to register to participate on the New Trier Girls' Bowling Team?***

   YES! You MUST register prior to tryouts! Registration is online and requires an updated physical on file with the school. Do this ASAP. Registration Link: Bowling Registration

5. ***Do I need to buy a ball or any other equipment before tryouts?***

   No, definitely not. We actually discourage new bowlers from buying bowling balls prior to tryouts. Once you're ready to purchase your own ball, we will provide you with all of the information you need! Bowlers are welcome to purchase comfortable bowling shoes at any time. If your family is in need of financial assistance, please speak to coach Hjelmgren privately and we will do what we can to assist you.

6. ***Where do I store my bowling equipment (ball, shoes, bag) once I purchase it?***

   We highly recommend that you rent a locker at Classic Bowl. There is a small annual fee.

7. ***Who are the coaches? How do I contact them?***

Head Coach:	David Hjelmgren	NFLD-SS	hjelmgrd@newtrier.k12.il.us
Assistant Coach:	Jackie Gnant	WINNETKA-SCI	gnantj@newtrier.k12.il.us
Assistant Coach:	Bob Amoruso	Retired	
Assistant Volunteer Coaches:	Shannon Burgert and Ari Fabes		

8. ***Is Bowling a sport?***

   Yes. Girls' Bowling at New Trier is an IHSA sanctioned sport. We are not a club, we are a TEAM. There are over 200 competing teams in the state of Illinois, and we are part of the Central Suburban League (CSL) conference just like all of the other sports teams at New Trier.

9. ***Does joining the NT Girls' Bowling team require a commitment?***

   Yes. Being a part of a high school team is a privilege. Successful teams consist of people who share common goals and are willing to commit to achieving those goals together. Attendance is mandatory at all practices, matches, tournaments and other team related events. Bowlers must communicate directly with the coaches if they are going to be absent. If you have other extracurricular commitments that require you to miss events, we ask that you make your choice prior to the season.

10. ***Where does the team practice and have its home matches? How do we get there?***

    All practices and home matches take place at ***Classic Bowl located at 8530 Waukegan Rd in Morton Grove***.

    A shuttle from New Trier takes bowlers to and from Classic Bowl for all practices. A shuttle also takes bowlers to Classic Bowl for all home matches. Transportation is NOT provided from Classic Bowl after **home** matches.

    Note: Coaches drive the mini-bus to away matches. The expectation is athletes ride the bus both directions.

11. ***When are practices? Matches? Tournaments?***

We practice Mondays through Thursdays at Classic Bowl from 4:15-5:45. We almost never have practice on Fridays, although sometimes there are team events. Home matches are at various lanes in the area. Saturday tournaments generally run from about 8-4.

12. ***Do I get a Kinetic Wellness waiver?***

Kinetic Wellness waivers may be available for juniors and seniors during the season. We strongly encourage bowlers to enroll in strength and conditioning courses during the school year (and summer).

13. ***What are expectations for parents of bowlers on the team?***

We strongly support parent involvement. Coming to matches is a great way to understand the sport. Parents are encouraged to join in on team cheers and get to know each other better. For most, coming to bowling matches is an entrance into an entirely new sports culture.

Parents should avoid communicating with athletes during a practice or a match (other than cheering on).

14. ***Remind Texts***

All bowlers will be signed up to use the app Remind to communicate with coaches.

15. ***How do I stay connected with the NT Girls' Bowling team online?***

The New Trier Girls' Bowling website is our home base. We also have Twitter and Instagram accounts.

16. ***Where do Sophomores, Juniors, and Seniors catch the Bowling Shuttle?***

The **Bowling Shuttle** (for sophomores, juniors & seniors) leaves the Winnetka Campus at 3:45 pm each day on its way to Classic Bowl.

It leaves from this spot - - - >

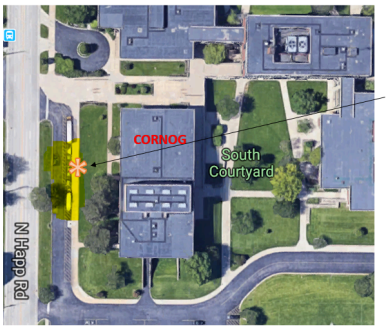
Note: *Freshmen take a different bus!*

Location of the Winnetka Bowling Shuttle – Hang by the Bench!

17. ***Where do Freshmen catch the Bowling shuttle to get to Classic Bowl?***

The **Freshman Bowling Shuttle** leaves the Northfield Campus at 3:20 pm each day on its way to Classic Bowl. It meets right outside of Cornog. Be sure to ask the driver if you're not sure you're on the right bus!

It leaves from this spot - - - >



Ready to Roll?

Use the QR Code to fill out a brief interest survey