

# 2009 - 2010 H-F Fall Athletic Tryouts

## H-F Sponsored Athletic Physicals

Dates: August 7, 2009  
Time: 7:00am – 9:00am

Location: Sweat Box  
Fee: \$25 Cash Only

## Required Paperwork for Tryouts

Current Physical      Parent Consent Form  
Turn both into the Athletic Office to receive a clearance slip

### Boys Cross Country

Dates: August 12 – 14, 2009  
Time: 8am – 11am  
Location: South Gym Entrance

### Girls Cross Country

Dates: August 12 – 14, 2009  
Time: 8am – 11am  
Location: South Gym Entrance

### Girls Diving

Dates: August 12 – 14, 2009  
Time: 3pm – 5pm  
Location: Natatorium

### Field Hockey

Dates: August 12 – 14, 2009  
Time: 2:30pm – 4:30pm  
Location: Field Hockey Field

### Football

Location: Mall Building  
Dates/Times:  
August 12, 2009  
    Freshmen: 2pm – 7:30pm  
August 13 – 15, 2009  
    Freshmen: 8am – 2pm  
August 12 – 13, 2009  
    Sophomores: 2:30pm – 6:30pm  
    Varsity: 2:30pm – 6:30pm

**All Freshmen should attend the H-FHS  
Freshmen Orientation on August 12, 2009.**

### Boys Golf

All Freshmen: Coyote Run Golf Course  
August 12, 2009                      2pm – 8pm  
August 13 - 14, 2009                6:30am – 2pm  
Sophomores/Varsity: Balmoral Golf Course  
August 12 - 14, 2009                6:30am – 2pm  
**Tee off from the middle tees**  
**\*\$20 Greens Fee per day/18 holes**

### Girls Golf

Dates/Times:  
August 12, 2009    7:30am  
August 13, 2009    10:00am  
August 14, 2009    9:00am  
Location: Coyote Run Golf Club  
**Tee off from the front tees**  
**\*\$25 Greens Fee per day/18 holes**

### Ice Hockey

Dates: September 8 – September 9, 2009  
Time: 3:30pm – 5pm  
Location: Ice Rink  
Bring a check for USA Hockey Insurance

### Boys Soccer

Dates/Times/Locations:  
Freshmen/Sophomores: Kedzie/Gov. Fields  
August 12, 2009    1:30pm – 4:00pm  
August 13 – 14, 2009    9am – 12:30pm  
Varsity:  
August 12 – 14, 2009  
Stadium: 9am – 11am  
Governors Highway Field: 5pm – 7pm

### Girls Swimming

Location: Natatorium  
Dates/Times:  
August 12, 2009  
    JV: 5pm – 7pm  
    Varsity: 7am – 9am and 3pm – 5pm  
August 13 – 14, 2009  
    JV: 9am – 11am  
    Varsity: 7am – 9am and 3pm – 5pm

### Girls Tennis

Dates/Times/Locations:  
August 12, 2009  
    Freshmen/Sophomores: North Courts  
    2pm – 4pm  
    Varsity: South Courts  
    3pm – 5pm  
August 13 – 15, 2009  
    Freshmen/Sophomores: North Courts  
    11am – 1pm  
    Varsity: South Courts  
    11am – 1pm

### Girls Volleyball

Dates/Times/Locations:  
August 12, 2009  
    Freshmen: Field House 2pm – 5pm  
    Sophomores: Field House 8am – 11am  
    Varsity: Field House 8am – 11am  
August 13 – 14, 2009  
    Freshmen: Field House 8am – 11am  
    Sophomores: Field House 8am – 11am  
    Varsity: South Gym 8am – 11am