



**Community High School District 99
North High School
Denise Kavanaugh, Athletic Director**



Greetings from North High School and the Trojan Athletic Department. We hope your summer is going well. This letter contains important information about the Trojan Athletic Program. Please take some time to note the important dates for your student athlete.

Our administration, staff, coaches, parents and athletes are all contributors to

“TROJAN PRIDE”

Personal Responsibility In Delivering Excellence

We are very proud of our athletic program. Being a member of athletics, regardless of time spent in actual competition, can provide many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together for a common goal, responsibility, commitment, loyalty, placing team above oneself, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self control, and being responsible for ones own actions.

Registration Information For All Athletic Programs

We want to take this opportunity to notify you of the extra-curricular activities to all North High students for the upcoming fall season. Registration for Fall Sports will take place in the Athletic Office. The Athletic Office is located in the northwest corner of the Purple Gymnasium Lobby off Prince Street. The office hours are:

| | | |
|--|-------------------|-----------------------|
| June 8 th - August 7 th | Monday - Thursday | 7:30 a.m. - 4:00 p.m. |
| June 12 th - August 7 th | Fridays | 7:30 a.m. - 1:00 p.m. |

All athletes will need to be registered for fall sports by Friday, August 7th by 1:00 pm

To register, every athlete must have the following

- 1. Current physical examination** - The IHSA requires all athletes have a yearly physical examination. Physicals must be completed before a student/athlete can practice or tryout with a team. We require physical examinations be completed before the first day of practice or tryouts. Athletes planning to go out for a Fall Sport ***should not mail*** his/her physical form in. Please bring the form to the Athletic Office when registering.
- 2. Athletic Registration Form/Athletic Trainer Emergency Card**- This form includes emergency information with phone numbers. Also included in the form is information about the Athletic Code of Conduct and parent consent. Both student and parent signatures are required on the form. An athletic registration form is required for each student for each sport he/she participates in. Please turn in only fall registration material.
- 3. Sport participation fee** - The sport participation fee is **\$105.00** per sport.
- 4. Mandatory Healthy Lifestyle Meetings for the Fall**
Thursday, August 20, 2009 6:30pm-8:30pm Auditorium
Football, Golf, Tennis, Cheerleading and Athenas.
Wednesday, August 26, 2009 6:30pm-8:30pm Auditorium All other Fall Sports.
*Parent and Athlete only need to attend one meeting per school year.

Before an Athlete can tryout or practice the following items are required to be turned in the Athletic Office.

- Have a current physical on file at the school or turn in physical
- Athletic Registration Form
- Athletic fee

There will be no exceptions to this rule.

Here are several important dates and items you need to be aware of for the upcoming school year:

- The Fall Sport picture day is scheduled for Friday, August 21st.
- The Trojan Booster Club funds many projects and provides many of our athletic teams with equipment. If you have not already done so, we encourage you to join the Booster Club. This club benefits all athlete programs at North High School.

| Sport/Level | Team Tryout /Practice Date | Time | Location |
|------------------------------------|-----------------------------------|-----------------|-------------------|
| Varsity Football* | Wed., 8/12/09 | 8:00 am | Underground Track |
| Sophomore Football** | Wed., 8/12/09 | 8:30 am | Underground Track |
| Freshman Football*** | Wed., 8/12/09 | 8:30 am | Underground Track |
| Boys' Golf (all levels) | Wed., 8/12/09 | 12:00 pm | DGPD Golf Course |
| Boys' Soccer (Varsity)**** | Wed., 8/12/09 | 7:00 - 1:00 pm | Doerhofer Park |
| Boys' Soccer Frosh & Sophomore**** | Wed., 8/12/09 | 8:00 - 1:00 pm | Whitlock Park |
| Girls' Golf | Wed., 8/12/09 | 12:00 pm | DGPD Golf Course |
| Boys' Cross Country (all levels) | Wed, 8/12/09 | 8:00 am | Outdoor Track |
| Girls' Cross Country (all levels) | Wed, 8/12/09 | 8:00 am | Outdoor Track |
| Girls' Tennis (all levels) | Wed, 8/12/09 | 9:00 am | Tennis Courts |
| Girls' Swim & Dive (all levels) | Wed, 8/12/09 | 8:00 am | Swim Pool |
| Girls' Volleyball (Freshman) | Wed, 8/12/09 | 9:00 – 12:00 pm | Purple Gym |
| Girls' Volleyball (Soph/Varsity) | Wed, 8/12/09 | 11:00 – 2:00 pm | Purple Gym |

- * Varsity Football equipment issued Tuesday, 8/11/09 at 12:00 noon in the Underground Track.
- ** Sophomore Football equipment issued Tuesday, 8/11/09 at 12:00 noon in the Underground Track.
- *** Freshman Football equipment issued at 8:30 am on Wednesday, 8/12/09.
- **** All prospective soccer players need to bring soccer shoes, running shoes, workout clothes, ball, water, and be prepared to practice.

The following sports are offered during the respective athletic season:

Fall

Girls' Cross Country
 Girls' Golf
 Girls' Tennis
 Girls' Swim & Dive
 Girls' Volleyball
 Athenas (squad already chosen)
 Cheerleading (squad already chosen)
 Boys' Cross Country
 Boys' Football
 Boys' Golf
 Boys' Soccer

Winter

Girls' Basketball
 Girls' Bowling
 Girls' Gymnastics
 Boys' Basketball
 Boys' Swim & Dive
 Boys' Wrestling
 Athenas (squad already chosen)
 Cheerleaders (squad already chosen)

Spring

Girls' Badminton
 Girls' Soccer
 Girls' Softball
 Girls' Track & Field
 Boys' Baseball
 Boys' Gymnastics
 Boys' Tennis
 Boys' Track & Field
 Boys' Volleyball

We are anticipating another exciting and successful year and we are looking forward to serving you and your athlete for their high school career. If you have any questions regarding any of the information, please feel free to contact us in the Athletic Office at (630) 795-8417.

Sincerely,

Denise Kavanaugh
 Athletic Director

Jolie Fredette
 Athletic Department Secretary



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Check our website for team scores, schedule updates, locations, and forms.

<http://www.athletics2000.com/trojans>

Support Trojan Boosters

<http://www.dgnboosters.org>

Home Game Sites

Boys/Girls Cross Country - Meets are held at Green Valley Forest Preserve – Greene Street

Boys/Girls Golf - Downers Grove Park District Golf Club – Haddow Ave.

Boys/Girls Tennis - Courts North of High School – Main St.

Girls Bowling - Fox Bowl in Wheaton on Butterfeild Rd.

Freshman Baseball - Memorial Park – 55th St.

Sophomore/Varsity Baseball - Legion Field - Saratoga Ave.

Freshman Softball - East Field – Main St.

JV/Varsity Softball - Doerhofer Park – Venard Rd.

Freshman Soccer - Whitlock Park or Doerhofer Park

All Other Sports compete on North High’s Campus

The Athletic Entrance to all indoor athletic events is Prince Street

Athletic Registration Information and Physical Form

Board of Education
6301 Springside Ave
Downers Grove, IL 60516



Athletic Department
Downers Grove North High School
4436 Main Street
Downers Grove, IL 60515

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