

2009-2010 SEASON



SPORT/SEASON	SEASON START DATE	SEASON END DATE
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FALL

Cheer (Freshmen only)	Mon., Aug. 17	March 20
Cross Country-Boys	Mon., Aug. 17	Nov. 7
Cross Country-Girls	Mon., Aug. 17	Nov. 7
Drill	Mon., Aug. 17	March 20
Field Hockey	Mon., Aug. 17	Nov. 7
Football	Weds., Aug. 12	Nov. 28
Golf – Boys/Girls	Weds., Aug. 12	Oct. 17
Soccer-Boys	Weds., Aug. 12	Nov. 7
Swim-Girls	Weds., Aug. 17	Nov. 21
Tennis-Girls	Fri., Aug. 14	10/31
Volleyball-Girls	Weds., Aug. 12	Nov. 14

WINTER

Basketball-Boys	Nov. 9	March 20
Basketball-Girls	Nov. 2	March 6
Gymnastics-Girls	Nov. 9	Feb. 20
Swim-Boys	Nov. 23	Feb. 27
Track-Boys	Jan. 21	May 29
Track-Girls	Jan. 21	May 29
Wrestling	Nov. 9	Feb. 27

SPRING

Badminton	March 1	May 15
Baseball	March 1	June 12
Lacrosse-Boys	March 1	May 23
Lacrosse-Girls	March 1	May 23
Soccer-Girls	March 1	June 5
Softball	March 1	June 12
Tennis-Boys	March 1	May 29
Volleyball-Boys	March 8	June 5
Water Polo-Boys	March 1	May 22
Water Polo-Girls	March 1	May 22

**THERE IS A MINIMUM OF THREE (3) DAYS OF TRY-OUTS
FOR ALL SPORTS PRIOR TO ANY CUTS BEING MADE**

TRYOUT CRITERIA

SPORT HEAD COACH	CUTS	OVERALL	PHYSICAL SKILLS	SPORTS SPECIFIC SKILLS	OTHER
BADMINTON (GIRLS) Jane Graham	Yes	V/JV/FR levels Be on time Have good attendance Be willing to work hard	Cardiovascular endurance Agility Quickness Reaction Time	Defensive clear Underhead/overhead drop shots Smash Single/Doubles serve underhand clear Hairpin net shot	Rules Regulations Scoring Etiquette
BASEBALL (BOYS) Chris Ledbetter	Yes	V/JV/S/FA/FB levels Love for the game Have a desire to improve Ability to hustle Ability to follow directions Willingness to work hard on the field and in the classroom	Running Speed Endurance Strength Eye-hand coordination	Offensive batting skills Bat discipline Bunt/hit for power Defensive skills Arm strength Good and/ catching/throwing skills Base running	Rules of the game Sportsmanship Commitment to the sport
BASKETBALL (BOYS) Matt Maloney	Yes	V/JV/S/FA/FB levels Good citizenship in and out of school Ability to follow directions and execute task Willingness to work hard and sacrifice for the good of the sport	Speed Quickness Jumping ability Eye-hand coordination	Ball handling under pressure Shooting – inside & outside the arc Free throw shooting Rebounding Offensive – shooting skills Defensive – guarding skills	Rules of the game Sportsmanship Commitment to the sport
BASKETBALL (GIRLS) Bob Biggins	Yes	V/JV/S/FA/FB levels Good citizenship on and off the court Ability to follow directions and execute tasks on and off the courts	Mile run Shuttle run Own and back Reverse pivot Defense lane slide Vertical jump	Lay ups Dribbling Passing skills Defensive skills on & off the ball Denial Transition Rebounding Shooting skills	Rules of the game Sportsmanship Commitment to the sport
CHEERLEADING (B&G) Chrissy Battaglia	Depends on Numbers	V/JV levels Good citizenship in and out of school Positive attitude in the classroom and on the court	Cardiovascular endurance Jumping ability Flexibility Strength	Kicks Rhythm Dance techniques Jumps Splits	Must display: Good sportsmanship Good posture Confidence and a neat appearance
CROSS COUNTRY (BOYS) Jose Sosa	Depends on Numbers	V/JV/FR- Boys Willingness to work hard Ability to follow team rules Ability to stay healthy	Cardiovascular endurance Speed Strength Agility	Running	Rules of the game Sportsmanship Commitment to the sport

CROSS COUNTRY (GIRLS) Sarah McCabe	Depends on Numbers	V/JV /FR– Girls Willingness to work hard Ability to follow team rules Ability to stay healthy	Cardiovascular endurance Speed Strength Agility	Running	Rules of the game Sportsmanship Commitment to the sport
DRILL TEAM (GIRLS) Andrea Neuman	Yes	V/JV Attend all practices, games and practices Abide by the Drill Team training rules Work together in a positive manner	Cardiovascular endurance Flexibility Strength	Kicks Rhythm Dance techniques Jumps Splits	Rules of the game Sportsmanship Commitment to the sport
FIELD HOCKEY (GIRLS) Jane Graham	Yes	V/JVI/JVII Display: Good citizenship in field hockey and school Positive attitude on the field and in the classroom Possess a willingness to work hard	Speed-shuttle run 40 yd sprint Mile run	Offensive skills Illinois agility test with ball 40 yd sprint with ball Yardstick evaluation Ball control Tactical applications with ball	Rules of the game Sportsmanship Commitment to the sport
FOOTBALL (BOYS) Jim Nudera	Depends on Numbers	V/JV/S/FA/FB levels Follow team rules Have a good attendance Be willing to work hard	Cardiovascular endurance Speed Eye-hand coordination	Running Ball carrying Passing/catching Hand offs Kicking Defensive skills	Rules of the game Sportsmanship Commitment to the sport
GOLF (BOYS & GIRLS) Doug Brown	Yes	V/JV Best golfers (by score) make the team	Cardiovascular endurance Eye-hand coordination Strength	Proper techniques Stance Grip Swing Follow through	Rules Etiquette Terminology
GYMNASTICS (GIRLS) Kris Wright	Yes	V/JVI/JVII – Girls Demonstrate the ability to follow directions and execute tasks in the classroom and at gymnastics	Strength – upper and lower body Flexibility Back, shoulders, legs Agility	Tumbling skills Rhythm Dance	Rules of the game Sportsmanship Commitment to the sport
LACROSSE (BOYS) Dan Ganschow	Depends on Numbers	V/JV/FR Be willing to work hard Be on time Have good attendance Follow team rules	Cardiovascular endurance Speed Strength Eye-hand coordination Agility	Stick skills Catching/throwing Shooting Tactical application Offensive Defensive	Rules of the game Sportsmanship Commitment to the sport

LACROSSE (GIRLS) Katie Simok	Depends on Numbers	V/JV/FR Be willing to work hard Be on time Have good attendance Follow team rules	Cardiovascular endurance Speed Strength Eye-hand coordination Agility	Stick skills Catching/throwing Shooting Tactical application Offensive Defensive	Rules of the game Sportsmanship Commitment to the sport
SOCCER (BOYS) Paul Wright	Yes	V/JV/S/FA/FB – Boys Ability to execute tasks in the classroom and on the field. Good Citizenship in and out of school Leads by example	Cardiovascular endurance Speed Flexibility Eye-foot coordination	Kicking Passing Heading Trapping Dribbling	Rules of the game Sportsmanship Commitment to the sport
SOCCER (GIRLS) Paul Wright	Yes	V/JV/S/FA/FB – Girls Ability to execute tasks in the classroom and on the field. Good Citizenship in and out of school Leads by example	Cardiovascular endurance Speed Flexibility Eye-foot coordination	Kicking Passing Heading Trapping Dribbling	Rules of the game Sportsmanship Commitment to the sport
SOFTBALL (GIRLS) Mel Kolbusz	Yes	V/JV/FR Display love for the game Ability to follow directions Willingness to work hard on the field and in the classroom	Cardiovascular speed endurance Agility Strength Eye-hand coordination	Batting Place hitting Hit and run Bunting Hitting for power Base running Fielding Throwing	Rules of the game Sportsmanship Commitment to the sport
SWIMMING (GIRLS) Clyde Lundgren	Yes	V/JV Attend all practices and meets Abide by training rules	Cardiovascular speed endurance Strength	Strokes Turns Dives	Rules of the game Sportsmanship Commitment to the sport
SWIMMING (BOYS) Peter Quinn	Yes	V/JV Attend all practices and meets Abide by training rules	Cardiovascular speed endurance Strength	Strokes Turns Dives	Rules of the game Sportsmanship Commitment to the sport
TENNIS (GIRLS) Fred Galluzzo	Yes	V/JV/FR Willingness to work hard on the court and in the classroom Best player by challenge match system makes the team	Cardiovascular speed endurance Eye-hand coordination Strength	Ground strokes Volleys Overheads Serve Strategies and tactics	Rules of the game Sportsmanship Commitment to the sport
TENNIS (BOYS) John Morlidge	Yes	V/JV/FR Willingness to work hard on the court and in the classroom Best player by challenge match system makes the team	Cardiovascular speed endurance Eye-hand coordination Strength	Ground strokes Volleys Overheads Serve Strategies and tactics	Rules of the game Sportsmanship Commitment to the sport

TRACK (BOYS) Boys – Tim Hasso	Depends of Numbers	V/JV/FR Possess a positive attitude Have good attendance/punctuality Be willing to work hard	Cardiovascular speed endurance Strength Flexibility Agility	Running Throwing Jumping	Rules of the game Sportsmanship Commitment to the sport
TRACK (GIRLS) Sarah McCabe	Depends on Numbers	V/JV/FR Possess a positive attitude Have good attendance/punctuality Be willing to work hard	Cardiovascular speed endurance Strength Flexibility Agility	Running Throwing Jumping	Rules of the game Sportsmanship Commitment to the sport
VOLLEYBALL (GIRLS) Don August	Yes	V/JV/S/FA/FB – Girls Demonstrate the ability to follow directions and execute tasks on and off the court. Willingness to work hard	Cardiovascular speed endurance Strength Agility	Bumping Setting Hitting/blocking Serve	Rules of the game Sportsmanship Commitment to the sport
VOLLEYBALL (BOYS) Don August	Yes	V/JV/FR – Boys Demonstrate the ability to follow directions and execute tasks on and off the court. Willingness to work hard	Cardiovascular speed endurance Strength Agility	Bumping Setting Hitting/blocking Serve	Rules of the game Sportsmanship Commitment to the sport
WATER POLO (BOYS) Tom Nickels	Yes	V/JV Follow team rules Be willing to work hard Be on time and have good attendance	Cardiovascular speed endurance Strength	100 yd free style Ball handling skills Catching Throwing Shooting Dribbling Tread water Egg beater/bicycle	Rules of the game Sportsmanship Commitment to the sport
WATER POLO (GIRLS) Beth Nickels	Yes	V/JV Follow team rules Be willing to work hard Be on time and have good attendance	Cardiovascular speed endurance Strength	100 yd free style Ball handling skills Catching Throwing Shooting Dribbling Tread water Egg beater/bicycle	Rules of the game Sportsmanship Commitment to the sport
WRESTLING (BOYS) Mike Powell	Depends on Numbers	V/JVI/JVII/FR Be punctual/have good attendance willingness to work hard for wrestling and in the classroom	Cardiovascular endurance Strength Flexibility Agility	Takedowns Reversals Escapes Pins	Rules of the game Sportsmanship Commitment to the sport