



## 2007-08 Athletic Timeline

### Fall

#### Boys – Beginning Date

Cross Country.....August 13, 2007  
 Football.....August 8, 2007  
 Soccer.....August 8, 2007  
 Golf ..... August 8, 2007

#### Girls – Beginning Date

Cheerleading.....August 13, 2007  
 Cross Country.....August 13, 2007  
 Drill Team..... August 13, 2007  
 Field Hockey..... August 13, 2007  
 Swimming..... August 13, 2007  
 Tennis..... August 13, 2007  
 Volleyball..... August 13, 2007

### Winter

#### Boys – Beginning Date

Basketball.....November 5, 2007  
 Wrestling.....November 5, 2007  
 Swimming.....November 19, 2007  
 Track.....January 14, 2008

#### Girls – Beginning Date

Basketball.....October 29, 2007  
 Gymnastics.....November 5, 2007  
 Track.....January 14, 2008

### Spring

#### Boys – Beginning Date

Baseball.....February 25, 2008  
 Lacrosse.....February 25, 2008  
 Tennis.....February 25, 2008  
 Water Polo.....February 25, 2008  
 Volleyball.....March 5, 2008

#### Girls – Beginning Date

Badminton.....February 25, 2008  
 Lacrosse .....February 25, 2008  
 Softball.....February 25, 2008  
 Water Polo.....February 25, 2008  
 Soccer.....February 25, 2008

## 2007-06 Co-Curricular Timeline

### FALL

Cheerleading.....August 13, 2007  
 Drill..... August 13, 2007

**INCOMING FRESHMAN  
 PLEASE HAVE YOUR PHYSICALS AFTER JUNE 1<sup>ST</sup> IF YOU  
 THINK THAT YOU ARE GOING TO DO SPORTS**

**ATHLETES MAY NOT TRYOUT UNLESS THEIR PHYSICAL IS  
 CURRENT FOR THE ENTIRE SEASON.**

**TRYOUT CRITERIA**

<b>SPORT HEAD COACH</b>	<b>CUTS</b>	<b>OVERALL</b>	<b>PHYSICAL SKILLS</b>	<b>SPORTS SPECIFIC SKILLS</b>	<b>OTHER</b>
<b>BADMINTON (GIRLS)</b> Jane Graham 708-434-3019	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
<b>BASEBALL (BOYS)</b> Chris Ledbetter 708-434-3040	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
<b>BASKETBALL (BOYS)</b> Al Allen 708-434-3552	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 and outside the arc Free throw shooting Rebounding Offensive – shooting skills Defensive – guarding skills	Rules of the game Sportsmanship Commitment to the sport
<b>BASKETBALL (GIRLS)</b> Bob Biggins 708-434-3600	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 and off the ball Denial Transition Rebounding Shooting skills	Rules of the game Sportsmanship Commitment to the sport
<b>CHEERLEADING (B&amp;G)</b> Rachel Powe 708-434-3026	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
<b>CROSS COUNTRY (BOYS)</b> Jose Sosa 708-434-3048	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

<b>CROSS COUNTRY (GIRLS)</b> Sarah McCabe 708-434-3015	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
<b>DRILL TEAM (GIRLS)</b> Andrea Neuman 708-434-3800	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
<b>FIELD HOCKEY (GIRLS)</b> Jane Graham 708-434-3019	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
<b>FOOTBALL (BOYS)</b> Jim Nudera 708-434-3030	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
<b>GOLF (BOYS &amp; GIRLS)</b> Doug Brown 708-434-3853	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
<b>GYMNASTICS (GIRLS)</b> Kris Wright 708-434-3026	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
<b>LACROSSE (BOYS)</b> Dan Ganschow 434-3606	Depends on Numbers	V/JV/FR Be willing to work hard Be on time Have good attendance Follow team rules	Cardiovascular speed endurance Strength Eye-hand coordination Agility	Stick skills Catching/throwing Shooting Tactical application Offensive Defensive	Rules of the game Sportsmanship Commitment to the sport

<b>LACROSSE (GIRLS)</b> Katie Simok 708-434-3015	Depends on Numbers	V/JV/FR Be willing to work hard Be on time Have good attendance Follow team rules	Cardiovascular speed endurance Strength Eye-hand coordination Agility	Stick skills Catching/throwing Shooting Tactical application Offensive Defensive	Rules of the game Sportsmanship Commitment to the sport
<b>SOCCER (BOYS)</b> Paul Wright 708-434-3272	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
<b>SOCCER (GIRLS)</b> Paul Wright 708-434-3272	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
<b>SOFTBALL (GIRLS)</b> Mel Kolbusz 708-434-3015	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
<b>SWIMMING (GIRLS)</b> Clyde Lundgren 708-434-3173	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
<b>SWIMMING (BOYS)</b> Peter Quinn 708-434-3431	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
<b>TENNIS (GIRLS)</b> Fred Galluzzo 708-434-3718	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 stokes Volleys Overheads Serve Strategies and tactics	Rules of the game Sportsmanship Commitment to the sport
<b>TENNIS (BOYS)</b> John Morlidge 708-434-3718	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 stokes Volleys Overheads Serve Strategies and tactics	Rules of the game Sportsmanship Commitment to the sport

<b>TRACK (BOYS)</b> Boys – Tim Hasso 708-434-3326	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
<b>TRACK (GIRLS)</b> Sarah McCabe 708-434-3015	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
<b>VOLLEYBALL (GIRLS)</b> Don August 708-434-3015	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
<b>VOLLEYBALL (BOYS)</b> Don August 708-434-3015	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
<b>WATER POLO (BOYS)</b> Jim Lock 708-434-3026	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
<b>WATER POLO (GIRLS)</b> Beth Nickels 708-434-3015	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
<b>WRESTLING (BOYS)</b> Mike Powell 708-434-3483	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