



## 2019-2020 Fall Athletic Tryout Dates & Times

Any student planning to participate in H-F Athletics must have a physical form completed by his/her doctor. **Freshmen physicals (on the correct forms from the H-F Nurse's Office) must be on file with the nurse if you plan to go out for any sport.** If you are a transfer student, sophomore, junior, or senior, you must have an **athletic physical, signed and stamped by the physician** on file in the athletic office. **An athletic physical is good for 395 days.**

The Homewood Flossmoor High School Athletic Department utilizes an athletic registration website for families to sign up their student-athletes for athletics at HFHS. The process to sign up is outlined on the backside. Read through all of the pertinent H-F forms and electronically sign off by checking the box for the parent and student. This will be our record of your son or daughter signing up for a sport. Please note this does not eliminate the need to turn in a copy of a current physical to the athletic department per the IHSA bylaw. Once the team rosters are set in 8to18, you will receive an email notification from 8to18 giving you instructions on how to pay the H-F Athletic Department User Fee for your student-athlete's participation for the season. Every athlete pays \$50.00 per sport. However, there will be no charge for the third sport in the same school year. Payment of this user fee does not guarantee playing time.

### Boys Cross-Country

#### All Levels

August 12 – South Door 12 at 3:00 pm  
 August 13 – South Door 12 at 3:00 pm  
 August 14 – South Door 12 at 3:00 pm

### Girls Cross-Country

#### All Levels

August 12 – South Door 12 at 3:00 pm  
 August 13 – South Door 12 at 3:00 pm  
 August 14 – South Door 12 at 3:00 pm

### Field Hockey

#### Varsity

August 12 – North Field 3:30 pm  
 August 13 – North Field 3:30 pm  
 August 14 – North Field 3:15 pm

#### JV

August 12 – North Field 3:30 pm  
 August 13 – North Field 3:30 pm  
 August 14 – North Field 3:15 pm

### Ice Hockey

#### Varsity

September 3 – Ice Arena 3:30 pm  
 September 4 – Ice Arena 3:30 pm  
 September 5 – Ice Arena 3:30 pm

### Football

#### Varsity

August 12 – Stadium 3:30 pm  
 August 13 – Stadium 3:30 pm  
 August 14 – Stadium 3:00 pm  
 August 15 – Stadium 3:00 pm  
 August 16 – Stadium 3:00 pm

#### Sophomores

August 12 – West Field 3:00 pm  
 August 13 – West Field 3:00 pm  
 August 14 – West Field 3:00 pm  
 August 15 – West Field 3:00 pm  
 August 16 – West Field 3:00 pm

#### Freshmen

August 12 – West Field 3:00 pm  
 August 13 – West Field 3:00 pm  
 August 14 – West Field 3:00 pm  
 August 15 – West Field 3:00 pm  
 August 16 – West Field 3:00 pm

### Boys Golf

(\*All Boys and Girls Golfers should bring \$20 to cover any course fees)

#### Varsity/JV

August 12 – Ravisloe 10:00 am  
 August 13 – Balmoral 11:00 am

#### Freshmen

August 12 – Coyote Run 10:00 am  
 August 13 – Coyote Run 11:00 am

### Girls Golf

#### All Levels

August 12 – Coyote Run 10:00 am  
 August 13 – Coyote Run 11:00 am

### Boys Soccer

#### Varsity

August 12 – North Field 2:00 pm  
 August 13 – JV Field 3:00 pm  
 August 14 – Turf Room 3:00 pm

#### JV

August 12 – JV Field 2:00 pm  
 August 13 – JV Field 3:00 pm  
 August 14 – JV Field 3:00 pm

#### Freshmen

August 12 – Freshman Field 3:00 pm  
 August 13 – Freshman Field 3:00 pm  
 August 14 – Freshman Field 3:00 pm

### Girls Swimming

#### All Levels

August 12 – Natatorium 2:00 pm  
 August 13 – Natatorium 3:00 pm  
 August 14 – Natatorium 3:00 pm

### Girls Tennis

#### Varsity

August 12 – North Courts 2:00 pm  
 August 13 – North Courts 3:00 pm  
 August 14 – North Courts 3:00 pm

#### JV

August 12 – South Courts 2:00 pm  
 August 13 – South Courts 3:00 pm  
 August 14 – South Courts 3:00 pm

### Girls Volleyball

#### Varsity

August 12 – North Gym 1:30 pm  
 August 13 – North Gym 3:00 pm  
 August 14 – South Gym 3:00 pm

#### JV

August 12 – Fieldhouse 1:30 pm  
 August 13 – Fieldhouse 3:00 pm  
 August 14 – Fieldhouse 3:30 pm

#### Freshmen

August 12 – Fieldhouse 1:30 pm  
 August 13 – Fieldhouse 3:00 pm  
 August 14 – Fieldhouse 3:30 pm

### Cheerleading

#### All Levels

October 28 – Cheerleading Room 3:30 pm  
 October 29 – Cheerleading Room 3:30 pm

\*Note: These tryouts are for winter basketball season.

### Dance

#### All Levels

August 15 – Dance Studio 3:30-6:00pm (This will be a clinic)  
 August 16 – Dance Studio 3:30-7:00pm (Tryouts)

\*Note: These tryouts are for football season.