



2019-2020 Spring 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.

Badminton

Varsity

March 2 – Fieldhouse 5:30pm
 March 3 – Fieldhouse 5:30pm
 March 4 – Fieldhouse 5:30pm

JV

March 2 – Fieldhouse 5:30pm
 March 3 – Fieldhouse 5:30pm
 March 4 – Fieldhouse 5:30pm

Freshmen

March 2 – Fieldhouse 5:30pm
 March 3 – Fieldhouse 3:30pm
 March 4 – Fieldhouse 5:30am

Baseball

Varsity

March 2 – Turf Room 2:00pm
 March 3 – Turf Room 3:15pm
 March 4 – Turf Room 5:30am

JV

March 2 – North Gym 2:00pm
 March 3 – North Gym 3:15pm
 March 4 – North Gym 3:15pm

Freshmen

March 2 – North Gym 2:00pm
 March 3 – North Gym 3:15pm
 March 4 – North Gym 3:15pm

Boys Gymnastics

Varsity

February 24 – North Gym 3:15pm
 February 25 – North Gym 3:15pm
 February 26 – North Gym 3:15pm

Lacrosse

11th – 12th Grades

March 2 – North Field 10:00am
 March 3 – North Field 4:00pm
 March 4 – Turf Room 6:00pm

9th-10th Grades

March 2 – North Field 10:00am
 March 3 – North Field 4:00pm
 March 4 – North Field 3:30pm

Girls Soccer

Varsity

March 2 – Turf Room 12:00pm
 March 3 – Stadium 3:15pm
 March 4 – Stadium 3:15pm

JV

March 2 – North Gym 12:00pm
 March 3 – Activity Room 3:15pm
 March 4 – Activity Room 3:15pm

Freshmen

March 2 – North Gym 10:00am
 March 3 – Activity Room 3:15pm
 March 4 – Activity Room 3:15pm

Softball

Varsity

March 2 – Turf Room 8:00pm
 March 3 – Turf Room 6:00pm
 March 4 – Turf Room 3:15pm

JV

March 2 – Turf Room 6:00pm
 March 3 – Turf Room 6:00pm
 March 4 – Turf Room 3:15pm

Freshmen

March 2 – Turf Room 6:00pm
 March 3 – Turf Room 6:00pm
 March 4 – Sweatbox 3:15pm

Boys Tennis

Varsity

March 2 – H-F Racquet Club 1:00pm
 March 3 – H-F Racquet Club 6:00am
 March 4 – H-F Racquet Club 6:00am

JV

March 2 – H-F Racquet Club 12:00pm
 March 3 – H-F Racquet Club 6:00am
 March 4 – H-F Racquet Club 6:00am

Track & Field

Boys

See Coach Beebe in G03

Girls

See Coach Terry in E16

Boys Volleyball

Varsity

March 9 – North Gym 3:30pm
 March 10 – South Gym 3:30pm
 March 11 – South Gym 5:30pm

JV

March 9 – North Gym 3:30pm
 March 10 – North Gym 3:30pm
 March 11 – North Gym 3:30pm

Freshmen

March 9 – Fieldhouse 3:30pm
 March 10 – North Gym 3:30pm
 March 11 – Fieldhouse 3:30pm

Boys Water Polo

Varsity/JV

March 2 – Natatorium 10:00am
 March 3 – Natatorium 5:45am
 March 4 – Natatorium 5:45am

Girls Water Polo

Varsity/JV

March 2 – Natatorium 8:00am
 March 3 – Natatorium 3:15pm
 March 4 – Natatorium 3:15pm