



## Homewood-Flossmoor High School Pre-Season Letter

I would like to take this opportunity to thank our current student athletes and alumni for representing Homewood-Flossmoor High School in such a positive way. Your commitment to building a rich tradition is recognized and greatly appreciated.

The Athletic Program plays a unique role in joining the school and community. Whether we are parents, teachers, staff or simply Viking supporters, we are proud of our students as they dedicate themselves to their chosen athletic endeavors.

We encourage participation in athletics because it provides our students with important lessons for life such as teamwork, self-discipline, courage and fortitude. By offering a wide variety of programs – 30 sports, our students can find a place where they can apply their personal skills and talents.

Please continue your effort and you will be rewarded with memories that will last a lifetime.

It is a privilege to serve as your Athletic Director.

Matthew Lyke  
*Go Vikings!*

### **Athletic Physical Examination**

Each student athlete and parent and/or guardian must complete a state required Physical Examination Form prior to the first day of tryouts/practice of the athlete's specific sport. Your physical examination is valid for 395 days from the date of the exam according to the Illinois High School Association (IHSA). A suggestion would be to mark the date in your calendar to remember when the physical exam is needed; otherwise, the student athlete may become ineligible.

### **Student Athlete Registration**

The Athletic Department at Homewood-Flossmoor High School is pleased to announce that registration for student athletes can be completed on-line at [HF.8to18.com](http://HF.8to18.com).

### **Interscholastic Sports (Winter Season)**

Boys' Basketball: Marc Condotti – [mcondotti@hf233.org](mailto:mcondotti@hf233.org)  
Boy's Swimming/Diving: John Fitzgerald – [jfitzgerald@hf233.org](mailto:jfitzgerald@hf233.org)  
Competitive Cheerleading: Zenia Boyd – [zsmith@hf233.org](mailto:zsmith@hf233.org)  
Competitive Dance: Kari-Lynn Burroughs – [karilynnmb@gmail.com](mailto:karilynnmb@gmail.com)  
Girls' Basketball: Anthony Smith – [asmith@hf233.org](mailto:asmith@hf233.org)  
Girls' Gymnastics: Carrie May – [cmay@hf233.org](mailto:cmay@hf233.org)

### **Important Dates**

November 16	First Day of Practice/Try-Outs
December 16	Winter Athletic Pictures
TBD	Winter Athletic Award Ceremony