

2019 NAPERVILLE CENTRAL SPRING SPORTS TRYOUT INFORMATION

Boys Track:

First Day of Practice:

Monday 1/14- freshman and those new to the program

Time: 3:30pm-5:30pm

Tuesday 1/15- all athletes, new and returning

Time: 3:30pm-6:00pm

Location: Report to Track Locker room at base of Express Stairs, choose locker, meet on stairs by main office.

Bring:

Yellow card and lock for locker

Tshirt and Shorts

Good Training Shoes, no spikes

Girls Track:

First Day of Practice: **Monday 1/28**

Time: 3:30pm-5:00pm

Location: Meet on 3rd Floor

Bring:

Athletic shirt, shorts and gym shoes.

Distance runners prepare to be outside. All other athletes will be inside.

Boys Gymnastics:

First Day of Practice: **Monday 2/11**

Time: 3:30pm-5:30pm

Location: Gymnastics Room

Wear athletic shorts and a t-shirt

Badminton:

First Day of Tryouts: **Monday, 2/25**

Time: Tentatively 3:30-5:30pm

Location: Main Gym

Wear athletic shorts, t-shirt and gym shoes-bring a water bottle

Girls Water Polo:

Tryouts:

Monday 2/25

6:00am-7:00am, 4:30-6:30pm

Tuesday 2/26

6:00am-7:00am, 3:30-5:30pm

All prospective athletes must participate in all four tryout sessions. Freshmen should bring a solid, plain white swim cap to the first tryout session.

Boys Water Polo:

First Day of Tryout:

Monday 2/25

6:00-7:00AM

3:30-5:30PM

Tuesday 2/26

6:00-7:00AM

4:30-6:30PM

Wednesday 2/28

3:30-5:30PM

Final team selection after practice is over

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Girls Soccer:

MONDAY 2/25

3:30pm-5:30pm in the Stadium: All Goalkeepers, All Freshmen, All Sophomores and Juniors not part of last year's Varsity team

5:30pm-7:30pm in the Main Gym:TBD

7:30pm-9:30pm in the Main Gym: All Returning Varsity players and All Seniors

TUESDAY 2/26

3:30pm-5:30pm in the Stadium: All Goalkeepers, All Sophomores and Juniors not part of last year's Varsity team, All Returning Varsity players and All Seniors

5:30pm-7:30pm in the Main Gym: All Freshmen field players

WEDNESDAY 2/27

3:30pm-5:30pm in the Stadium: All Goalkeepers, All Freshmen, All Returning Varsity players and All Seniors

5:30pm-7:30pm in the Main Gym: All Sophomores and Juniors not part of last year's Varsity team

7:30pm-9:30pm in the Main Gym: TBD

THURSDAY 2/28 and FRIDAY 3/1

TO BE DETERMINED

Follow RedhawkGirlsSoccer on Twitter for updates on practices and times

Location: WEATHER PERMITTING ON THE STADIUM, OTHERWISE IN THE MAIN GYM

WHAT YOUR PRACTICE BAG SHOULD INCLUDE:

INDOOR AND OUTDOOR SHOES, SHIN GUARDS, SOCKS (WHITE, RED, OR BLACK), T-SHIRT (GREY, WHITE, RED, OR BLACK), SHORTS (WHITE, RED, OR BLACK), SWEATSHIRT, PANTS, HAT, GLOVES, WATER BOTTLE

WE GO OUTSIDE EVEN WHEN IT RAINS AND SNOWS—BE PREPARED!

NO CLUB GEAR SHOULD BE WORN AT NAPERVILLE CENTRAL PRACTICES OR GAMES.

Girls Lacrosse:

First Day of Tryouts: **Monday 2/25**

Time: 5:30pm-7:30pm for Stadium (weather permitting) or 7:00pm-9:00pm for Fieldhouse

Location: Fieldhouse or Stadium (weather permitting)

What to Bring:

Gym Shoes, Cleats, Mouth guard, Goggles and all other equipment you may have for Lacrosse.

Boys Lacrosse:

First Day of Tryouts: **Monday 2/25 & Tuesday 2/26**

Time: 7:30-9:30pm

Location: Stadium Turf (8:30-10:00pm in Fieldhouse if weather is not permitting)*

*Bring your full gear for both tryout dates – have indoor shoes available if we are limited to the fieldhouse based on the weather. If you need equipment – contact Coach Steger prior to tryouts.

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Boys Tennis:

First day of practice: **Monday 2/25**

Location: meet outside Room 30 to turn in yellow card. Dress for conditioning from 3:30pm-4:45pm

Conditioning after school, meet at Room 30 **2/25-28**

Tryouts at the Five Star Tennis Center **3/1** from 8:00am-1:00pm for Juniors/Seniors (and invited Freshman/Sophomores)

Tryouts at the Five Star Tennis Center **3/2** from 4:00pm-9:00pm for All Levels

Softball:

First tryout day: **Monday 2/25**

Time: 3:30-5:30pm

Location: Fieldhouse

Bring all necessary equipment—

Players should bring their own glove.
Players should bring their own helmets and bats if they have them.

And your yellow card!

Baseball:

*There will be open gym times from 8:00pm-9:30pm Wednesdays in the fieldhouse and from 7:00pm-9:00pm Sundays in the fieldhouse until 2/20. No open gym 2/3.

Freshman Baseball Tryouts:

First tryout day: **Monday 2/25**

Time: 5:15-7:00pm

Location: Fieldhouse

Who should attend: **All players**

Tuesday 2/26

Time: 5:15-7:00pm

Location: Fieldhouse

Who should attend: **All players**

Wednesday 2/27

Time: 5:15-7:00pm

Location: Fieldhouse

Who should attend: **All players**

Thursday 2/28

Time: 5:15-7:00pm

Location: Fieldhouse

Who should attend: **All players**

Sophomore Baseball Tryouts:

First day of tryout: **Monday 2/25**

Time: Players will be assigned a tryout time slot prior to start

Boys Volleyball:

First Date of Practice/Tryout:

Monday 3/4

Time: Freshmen 3:30-5:30pm, JV/Varsity 5:30-7:30pm

Tuesday 3/5

Time: Freshmen 5:30-7:30pm, JV/Varsity 7:30-9:30pm

Wednesday 3/6

Time: Freshmen 3:30-5:30pm, All Levels

Location: Main Gym

Any items required the first day: **Yellow Card, Athletic Attire, Water Bottle**