2019-20 NAPERVILLE CENTRAL FALL SPORTS TRYOUT INFORMATION

**Football:**
First Day of Practice:
**Monday, August 12th**
Time: 3:30pm
Location: NCHS Stadium
Bring:
Yellow card, Athletic Clothes, Water Bottle

**Boys Golf:**
Tryouts:
**Monday, August 12th**
Report 7:45am, 8:30am tee time
**Tuesday, August 13th**
Report 10:15am, 10:45am tee time
**Wednesday, August 14th**
Report 10:45am, 11:00am tee time
Location: Naperbrook Golf Course
Bring:
Yellow Card, golf apparel and clubs. Pull carts are allowed.
Golfers must pay for green fees

**Girls Golf:**
Tryouts:
**Monday, August 12th**
9:50am tee time (18 holes)
**Tuesday, August 13th**
11:50am tee time (9 holes)
**Wednesday, August 14th**
11:00am tee time (9 holes). Player meeting to follow
First competition Saturday, August 17th
Location: Naperbrook Golf Course
Bring:
Yellow Card, golf apparel and clubs. Pull carts are allowed.
Golfers must pay for green fees

**Boys Cross Country:**
First Day of Practice:
**Monday, August 12th**
Time: 3:30pm
Location: NCHS Stadium Bleachers
Bring:
Yellow Card
Athletic shirt, shorts and running shoes
Water Bottle

**Girls Cross Country:**
First Day of Practice:
**Monday, August 12th**
Time: 3:30pm
Location: NCHS Stadium Bleachers
Bring:
Yellow Card
Athletic shirt, shorts and running shoes
Water Bottle
**Boys Soccer:**

**Monday, August 12th:**
- Freshmen: 8:00-9:30 AM on the stadium
- Sophomores: 9:30-11:00 AM on the stadium
- Junior & Seniors: 11:00-12:30 PM on the stadium
- All players: 3:30-6:00 PM on West St. Fields

**Tuesday, August 13th:** (two mile run)
- Seniors: 8:00-8:30 AM on track
- Juniors: 8:30-9:00 AM on track
- Sophomores: 9:00-9:30 AM on track
- Freshmen: 9:30-10:00 AM on track
- Invited Players: 10:30-12:30 PM on stadium
- All players: 3:30-6:00 PM on West St. Fields

**Wednesday, Thursday, & Friday:**
- All players: 3:30-6:00 PM on West St fields

**Girls Swimming and Diving:**

**First Practice:**

**Monday, Aug 12th – Wednesday, Aug 14th:**
- Returning Swimmers- 7:45am-9:45am and 1:00pm-3:00pm
- Freshman and New Swimmers- 9:45am-11:45am
- Divers- 1:00pm-3:00pm

**Thursday, Aug 15th**
- All Swimmers-3:30pm-5:30pm swim, 5:45pm-6:45pm lift

**Friday, Aug 16th**
- All Swimmers- 5:15am-7:00am swim
- 3:30pm-6:00pm swim

**Saturday, Aug 17th**
- All Swimmers-7:00am-10:00am

Location: NCHS Pool

**What to Bring:**
- Yellow Card, Suit, goggles and water bottle

**Girls Volleyball:**

**Tryouts:**

**Monday, Aug 12th – Tuesday, Aug 13th:**
- Incoming Freshman 3:30-5:30pm
- Returning Players 5:30-7:30pm

**Wednesday, Aug 14th:**
- 1st practice, 3:30-5:30pm

Location: NCHS Main Gym

Bring:
- Yellow card, athletic clothing, knee pads and water bottle

**Girls Swimming and Diving:**

**First Practice:**

**Monday, Aug 12th – Wednesday, Aug 14th:**
- Returning Swimmers- 7:45am-9:45am and 1:00pm-3:00pm
- Freshman and New Swimmers- 9:45am-11:45am
- Divers- 1:00pm-3:00pm

**Thursday, Aug 15th**
- All Swimmers-3:30pm-5:30pm swim, 5:45pm-6:45pm lift

**Friday, Aug 16th**
- All Swimmers- 5:15am-7:00am swim
- 3:30pm-6:00pm swim

**Saturday, Aug 17th**
- All Swimmers-7:00am-10:00am

Location: NCHS Pool

**What to Bring:**
- Yellow Card, Suit, goggles and water bottle
Girls Tennis:

Tryouts:

Monday, Aug 12th – Tuesday, Aug 13th

Time:

Freshman, Sophomore and New Players
4:00pm

Junior, Seniors and Returning Varsity
Players
6:00pm

Location: Tennis Courts (Hillside and West St.)

Bring:

Yellow card, racket, water bottle and athletic apparel

REGISTRATION FOR FALL SPORT WILL OPEN ONLINE JULY 15, 2019

To create an account or log in to an existing one, go to:
https://napervillecentral.8to18.com/accounts/login

- Physical forms must be handed in to the Athletic Office in order to receive a Yellow Card indicating clearance for participation.
- Do not fax, email or leave forms in the main office or on a desk in the Athletic Office.
- Freshman-You will need 2 COPIES of your DHS Health Form. One copy for Athletics and one for school registration. The Athletic Office does not share forms with the Health Office or vice versa.
- Physicals must be signed by a doctor, dated and clearance for activity indicated. A complete health history with parent and athlete signatures is required. Physicals will be refused if they do not meet these requirements.