

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

No spectators or pull carts.

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

2019-20 NAPERVILLE CENTRAL FALL SPORTS TRYOUT INFORMATION

Boys Soccer:

Tryouts:

Monday, Aug 12th:

Team Meetings: **Must bring yellow card; meet at athletic office door**

9:00-9:30am- Seniors, Juniors, Sophomores

9:30-10:00am- Freshmen

Field Sessions:

2:30-5:30pm: Juniors and Seniors (We will meet on track for two mile run first)

3:30-6:30pm: Sophomores and Freshmen on West St.

Tuesday, Aug 13th:

Field Sessions:

2:30-5:30pm: Sophomores and Freshmen (We will meet on track for two mile run first)

3:30-6:30pm: Juniors and Seniors meet on West St.

Wednesday, Thursday and Friday (Aug 14th, 15th and 16th):

Field Sessions:

3:30-6:00pm for all players on West St.

Team meeting on Wednesday, August 14th from 6:00-7:00pm

What to Bring: Field Sessions- Water, cleats, shin guards, running shoes

Girls Swimming and Diving:

First Practice:

Monday, Aug 12th – Tuesday, Aug 13th:

Returning Swimmers- 7:00am-10:00am

Freshman and New Swimmers- 10:00am-12:00pm

Divers- 1:00pm-3:00pm

Wednesday, Aug 14th:

All Swimmers- 1:00pm-4:00pm

Thursday, Aug 15th- Friday, Aug 16th:

All Swimmers-3:30pm-6:30pm

Saturday, Aug 17th:

All Swimmers-8:00am-11:00am

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

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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.