



Elgin High School 2015 Fall Athletic Information

Boys Cross Country	<p><u>HEAD COACH:</u> Drew Smith (andrewsmith@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 2:00pm-3:30pm <u>WHERE:</u> Fieldhouse steps <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Running gear and water</p>
Football	<p><u>HEAD COACH:</u> Anthony Mason (ehsfootballmason@gmail.com) <u>FIRST PRACTICE:</u> Monday, August 10, 8:00am-11:00am & 1:00pm-3:00pm <u>WHERE:</u> Football Stadium <u>SUBSEQUENT PRACTICES:</u> August 11, 8:00am-11:00am & 1:00pm-3:00pm, August 12-14, 2:00pm-6:00pm, August 15, 10:00am-1:00pm <u>EQUIPMENT NEEDED:</u> Football cleats, running shoes, workout shorts & shirt, and water</p>
Boys Golf	<p><u>HEAD COACH:</u> Mike Sitter (michaelsitter@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:00pm <u>WHERE:</u> Bartlett Hills Country Club <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Clubs and water</p>
Boys Soccer	<p><u>HEAD COACH:</u> Dave Borg (davidborg@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:15pm-3:45pm <u>WHERE:</u> Football Stadium <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Soccer shoes, t-shirt, shorts, and water</p>
Girls Cross Country	<p><u>HEAD COACH:</u> Allison Crane (allisonmariecrane@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:30pm-3:00pm <u>WHERE:</u> Fieldhouse Steps <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Running gear and water</p>
Girls Swimming	<p><u>HEAD COACH:</u> Carl Metzke (carlmetzke@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:15pm-3:15pm <u>WHERE:</u> ELGIN HIGH SCHOOL <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Dry land attire, (workout clothes, shoes, water)</p>
Girls Tennis	<p><u>HEAD COACH:</u> Soneptheth Rattana (sonepthethrattana@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:30pm-4:00pm <u>WHERE:</u> Upper tennis courts <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> tennis shoes, t-shirt, shorts, tennis racquet (extra tennis racquets will be available.)</p>
Girls Volleyball	<p><u>HEAD COACH:</u> Scott Stewart (scottstewart@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 3:00pm-6:00pm <u>WHERE:</u> Meet in the fieldhouse <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Athletic Shorts/Spandex, T-Shirt, Volleyball shoes, knee pads, water bottle</p>
Cheer Team	<p><u>HEAD COACH:</u> Kristi LaRocco (kristiolarocco@u-46.org) <u>FIRST PRACTICE:</u> Wednesday, August 12, 3:30pm-5:30pm <u>WHERE:</u> Fieldhouse <u>SUBSEQUENT PRACTICES:</u> August 13 & 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Workout gear and water</p>
Dance Team	<p><u>HEAD COACH:</u> Mandy Kopecky (mirandakopecky@gmail.com) <u>FIRST PRACTICE:</u> Wednesday, August 12, 1:30pm-3:30pm <u>WHERE:</u> room 110 <u>SUBSEQUENT PRACTICES:</u> August 14, will follow the same schedule as above <u>EQUIPMENT NEEDED:</u> Workout gear and water</p>

ONCE SCHOOL BEGINS ON MONDAY, AUGUST 17, ALL PRACTICES WILL BE HELD AFTER SCHOOL. SATURDAY PRACTICES WILL VARY.

Before anyone can practice, **ALL** athletes are to:

1. register online for the 2015-2016 school year as EHS students through Infinite Campus at <https://campus.u-46.org/campus/portal/u46.jsp>
2. register for their sport online at <https://elgin.8to18.com/accounts/login>
3. come to the athletic office and turn in a current sports physical that indicates approval for athletic participation, dated, and signed by a physician
4. Returning athletes must also have passed 5 academic classes in the previous semester or credits made up in summer school.
 - Athletic fees will be collected once athletes have made the team and placed on a roster.
 - The above information can be submitted to the athletic office Monday, August 10, 7:00am-1:00pm and 2:00pm-3:30pm
 - Athletes need to be ready and cleared to practice on the first day. Contests for most programs begin the week of August 24th.