

PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT
1800 W. Lincoln Highway, New Lenox, IL 60451



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2009 TRYOUTS/PRACTICES FOR FALL SPORTS

All athletes must have a physical exam before they practice. The **Athletic** physical form is to be turned into the Coach or Athletic Office. (If the athletic physical is or was turned into the Main Office, it will be given to the Athletic Office.)

FOOTBALL

FROSH – Wednesday, August 12th – 8 A.M – 1:30 P.M. (**MUST HAVE ATHLETIC PHYSICAL**). T-Shirts, Shorts and Football shoes. (There will be a One-hour break).

Thursday, August 13th – 2:00 p.m.
Bookstore will be open for incidentals.

VARSIY/SOPHS - Wednesday, August 12th – 8 A.M. – 2:00 P.M. (**MUST HAVE ATHLETIC PHYSICAL**). There will be a One-hour break.

NOTE -- **ALL LEVELS OF FOOTBALL DOUBLE SESSIONS WILL CONTINUE THE REMAINDER OF THE WEEK.**
-- **Monday, August 17th - Regular Practice for all levels 3:00 p.m.**

CROSS-COUNTRY **BOYS & GIRLS** - August 13th – 8 A.M. Practice on campus (Running shoes, shorts and t-shirts or sweats).
ALL LEVELS

GIRLS TENNIS August 13th & 14th – 9 A.M. – NOON – Come dressed and ready to play
ALL LEVELS

GIRLS VOLLEYBALL FROSH August 12th 8 A.M. – 12 Noon
SOPHS August 12th 9 A.M. – 11 A.M.
VARSIY August 12th 11 A.M. - 12 Noon
(Come Dressed and ready to play).

GOLF – BOYS: August 12 & 13th - 9:00 A.M. Meet at Green Garden Driving Range
ALL LEVELS (Manhattan-Monee & Center Rds., Frankfort)

GOLF – GIRLS: August 12th & 13th 9:00 A.M. – Meet at Broken Arrow Golf Course (Farrell Rd, Lockport)
ALL LEVELS August 14th – 12 Noon – Woodruff Golf Course

BOYS SOCCER VARSITY/SOPHS: August 12th 8-11 A.M.
FROSH: August 12th 3-5:30 P.M.
(All players must bring shin guards, cleats and either indoor or running shoes. Tryouts May be extended due to inclement weather or the coach's discretion.)

