

# Fall Sports

## Cross Country (Boys and Girls)



### Time Commitment

Practice every day after school; meets are usually once per week

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Anyone can join cross country; talk to the coaches to sign up and/or come to the first informational meeting (listen for announcements).

### Activity Time Period

August - October

### Levels

varsity/JV

### Coaches

Mr. Donaldson (boys' coach).....Social Studies  
Ms. Olson (girls' coach).....Math

## Football



### Time Commitment

Practice every day after school 3:30 - 5:30; games once per week

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Attend the first practice and informational meeting

### Activity Time Period

August - October

### Levels

Varsity, JV, Sophomore, Freshmen

### Coaches

Mr. Parpet Jr. (head coach).....Special Ed  
Mr. Curtis Tate (assistant).....Dean's Office  
Mr. J. Parpet (assistant).....Out of School  
Mr. Cole (assistant).....Guidance  
Mr. Ziebka (sophomores).....Reading  
Mr. J. Parpet Jr. (assistant sophomore).....SPED  
Mr. Rumishek (assistant).....Out of Building  
Mr. Thomas (freshmen).....SPED  
Mr. Laschinski (assistant freshmen).....Business  
Mr. Mahoney (assistant freshman).....Business  
Mr. Bazant (assistant).....Social Studies

## Boys' Golf



### Time Commitment

Practice or meets Monday through Saturday; most matches are Monday through Friday, with tournaments held on Saturday

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Try-outs will begin Wednesday, August 13; three days of cuts; will keep 8 varsity and 10-12 Freshmen and Sophomores combined

### Activity Time Period

August - October

### Levels

Varsity, Fresh/Soph

### Coaches

Mr. Hubner (head coach).....Social Studies  
Mr. Stewart (assistant).....Math  
Mr. Gilliam (assistant).....PE

## Girls' Golf



### Time Commitment

Practice from 3:30 until sunset or sooner. Meets two - three times per week. Some short early Saturday practices

### IHSA Start Date

August 8, 2012

### Procedure for Joining

As of now, all girls who want to golf will be on the team; as numbers grow, cuts will be made

### Activity Time Period

August - middle of October

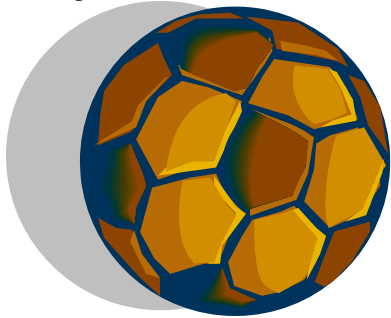
### Levels

varsity

### Coach

Mr. Norberg.....Math

## Boys' Soccer



### Time Commitment

Practice every day after school; games two - three times per week

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Attend first informational meeting; talk to coach

### Activity Time Period

August - October

### Levels

Varsity, Sophomore, Freshmen

### Coaches

Mr. Dini (Head Coach).....P.E.  
Mr. Cirincione (assistant).....Science  
Mr. Nunez (sophomores)...World Language/ESL  
Mr. Llorenz (Freshmen Coach).....Out of Building

## Girls' Tennis



### Time Commitment

Practice every day after school 3:30 - 5:30; matches approx. twice per week

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Attend informational meeting; anyone who wants to play can join the tennis team

### Activity Time Period

August - October

### Levels

Varsity/JV

### Coaches

Mr. Hegner (Head Coach).....Math  
Mr. Grice (Fresh/Soph).....Special Ed

## Girls' Volleyball



### Time Commitment

Practice every day from mid-August - October

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Tryouts to determine level of play, cut only if there are too many people

### Activity Time Period

August - October

### Levels

Freshmen A and B, Sophomore, JV, and Varsity

### Coaches

Mr. Styler (head varsity).....Social Studies  
Mr. Bugajsky (assistant).....Math  
Ms. Prast (assistant).....English  
Mr. Murphy (assistant).....Out of Building

## Girls' Swimming



### Time Commitment

Practices held from 4-6PM, Monday - Friday at Centennial Pool in Addison

### IHSA Start Date

August 8, 2012

### Procedure for Joining

Go to the Athletic Office to sign up (no try-out)

### Activity Time Period

August - November

### Levels

JV and Varsity

### Coaches

Mr. Anderson.....English  
Ms. Murphy.....Willowbrook

# Winter Sports

## Girls' Bowling



### Time Commitment

Practice Monday - Thursday 3:30 - 5:15 at Wood Dale Bowl; transportation provided by school bus; 19 matches during the season

### IHSA Start Date

November 5, 2012

### Procedure for Joining

All girls are welcome to try out. We have not had to cut any girls.

### Activity Time Period

November - early February

### Levels

Varsity, JV; On match days, all girls will participate; if they do not make the top 12 positions, they will play an exhibition match.

### Coach

Mr. Parpet.....Out of Building

## Boys' Basketball



### Time Commitment

Varsity - Mon-Fri 5:15 - 8 pm  
Lower Levels - Mon-Fri 3:30-5:30

### IHSA Start Date

November 5, 2012

### Procedure for Joining

All students must try out - cuts will be made after 3 days

### Activity Time Period

November - March

### Levels

Varsity, JV, Sophomore, Freshmen

### Coaches

Mr. Lyons, Varsity.....Deans  
TBA, assistant  
Mr. Kennedy, assistant.....Spec. Ed  
Mr. Hansen, assistant.....Out of Building

# Girls' Basketball



## Time Commitment

Practice every day after school; games twice per week

## IHSA Start Date

November 5, 2012

## Procedure for Joining

Attend informational meeting and try outs

## Activity Time Period

November - March

## Levels

Varsity, JV, Sophomore, Freshmen

## Coaches

Mr. Schader, Head Coach.....P.E.  
 Mr. Little (assistant).....Aide  
 Mr. Cole (assistant).....Guidance  
 Mr. Thomas (assistant).....SPED  
 Mr. Dini (assistant).....P.E.

# Girls' Gymnastics



## Time Commitment

Practice every day after school 3:30 - 5:30; meets once - two times per week

## IHSA Start Date

November 5, 2012

## Procedure for Joining

Attend informational meeting; talk to the coach

## Activity Time Period

November - February

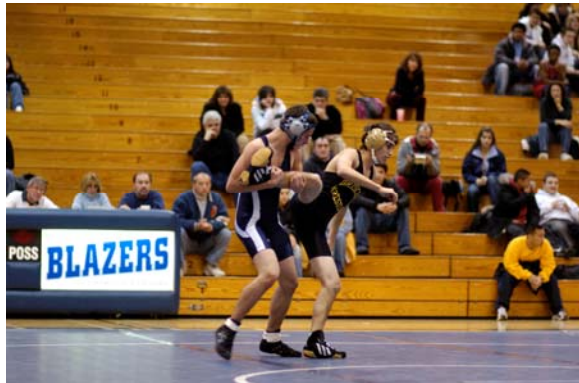
## Levels

Varsity, JV, Freshmen

## Coaches

Ms. Kisse (Head coach).....PE  
 Ms. Babich (assistant).....Math  
 Mr. Norberg (assistant).....Math

## Wrestling



### Time Commitment

Practice or meets Monday through Saturday; most meets are Thursday, Friday and Saturday

### IHSA Start Date

November 5, 2012

### Procedure for Joining

All athletes that go out for wrestling make the team; Starting line-ups will be made up according to wrestle-offs

### Activity Time Period

November - February

### Levels

Varsity, JV1, JV2, Freshmen

### Coaches

Mr. Serio (varsity).....P.E.  
Mr. Cirrincione (assistant).....Science  
Mr. Pingel.....Science  
Mr. Kelly.....ISI

## Boys' Swimming



### Time Commitment

Practice daily from 4-6PM, Monday - Friday at Centennial Pool in Addison

### IHSA Start Date

November 5, 2012

### Procedure for Joining

Come to the first practice

### Activity Time Period

November - March

### Levels

Varsity, JV

### Coach

Mr. Ziemke.....P.E.  
Mr. Anderson.....English

# Spring Sports

## Girls' Track



### Time Commitment

Practice daily for 2 hours; 1-2 meets a week

### IHSA Start Date

January 2013

### Procedure for Joining

No tryouts - just attend the first meeting

### Activity Time Period

End of January - middle of May (includes indoor and outdoor)

### Levels

Varsity, Sophomore, and Freshmen (sometimes just one level competes at a meet)

### Coaches

Mr. Pytko.....Out of Building  
Ms. Sullivan.....Math

## Boys' Track



### Time Commitment

Practice held during the week after school; meets scheduled during the week or weekends (rare)

### IHSA Start Date

January 2013

### Procedure for Joining

There are no cuts; Athletes can participate in 15 events, so anyone can find an event in which to participate

### Activity Time Period

Indoor season - January - March  
Outdoor season - March - May

### Levels

Varsity, Fresh/Soph

### Coaches

Mr. Kelsay (head coach).....School Psychologist  
Mr. Parpet, Jr (assistant)..... Special Education  
Mr. Stewart (assistant).....Math



# Baseball



## Time Commitment

Practice every day after school; games 3 - 4 times per week

## IHSA Start Date

February 25, 2013

## Procedure for Joining

Attend informational meeting; talk to the coach

## Activity Time Period

March - June

## Levels

Varsity, JV, Sophomore, Freshmen

## Coaches

Mr. Gilliam (head varsity).....P.E.  
Mr. Bazant (assistant).....Social Studies  
Mr. Pingel (Sophomores).....Science  
Mr. Kennedy (freshmen).....Special Ed

# Girls' Badminton



## Time Commitment

Practice Monday - Friday, 3:15 - 5:15. Note: at the beginning of the season practice times will change because of facility usage. Fifteen matches are held during the season.

## IHSA Start Date

February 25, 2013

## Procedure for Joining

Anyone can try out for the team and in most cases, we do not have to cut individuals.

## Activity Time Period

March - May

## Levels

Varsity, JV; If enough Freshmen are on the team, a freshmen level of competition is available. Everyone will play a match at every meet.

## Coach

Mr. Norberg (Varsity).....Math  
Ms. Babich (assistant).....Math

## Girls' Soccer



### Time Commitment

Monday - Saturday, 3:30 - 5:30 Practice

### IHSA Start Date

February 25, 2013

### Procedure for Joining

Attend pre-season meeting and turn in all athletic forms; tryouts will determine team

### Activity Time Period

March - May

### Levels

Freshmen, Sophomore, and Varsity

### Coaches

Mr. Nunez (head varsity).....World Languages  
Ms. Seitz (assistant).....Math  
Mr. Llorens (sophomores).....PE  
Mr. Hegner (freshmen).....Math

## Softball



### Time Commitment

Practice every day after school; games 3 - 4 times per week, including Saturdays

### IHSA Start Date

February 25, 2013

### Procedure for Joining

Attend informational meeting; talk to coach

### Activity Time Period

March - June

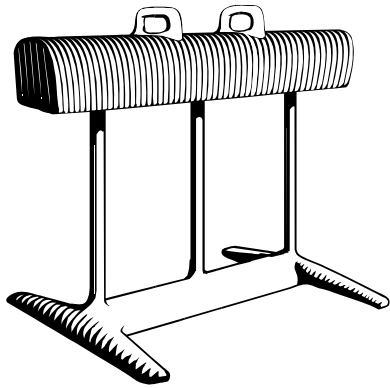
### Levels

Varsity, JV, Sophomore, Freshmen

### Coaches

Mr. Olson (Head coach).....Social Studies  
Mr. Ziebka (assistant).....Reading  
Ms. Sokolowski (assistant).....SPED  
Ms. Sanchez.....LSC

# Boys' Gymnastics



## Time Commitment

Practices daily 3:15 - 5:45, meets approx. once a week

## IHSA Start Date

February 25, 2013

## Procedure for Joining

No cuts, come to the informational meeting/first practice

## Activity Time Period

March - May

## Levels

Varsity, Fresh/Soph

## Coaches

Mr. Galfi (head varsity).....Math

# Boys' Tennis



## Time Commitment

Practice every day after school 3:30 - 5:30; matches are usually Tuesday, Thursday, and Saturday; matches usually run until 6:00 - 6:30, Saturdays until 3pm

## IHSA Start Date

February 25, 2013

## Procedure for Joining

Anyone that wants to play can make the tennis team. Regular attendance and participation is required.

## Activity Time Period

March - May

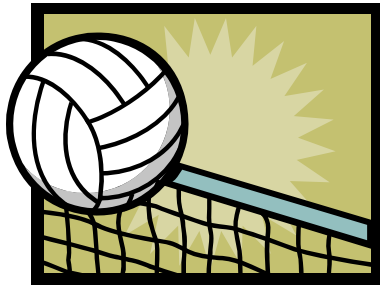
## Levels

Varsity, Fresh/Soph

## Coaches

Mr. Grice (head coach).....Spec. Ed  
Mr. Ailes.....Science

# Boys' Volleyball



## Time Commitment

Practice every day from March - June  
Pre-season practice twice a week in February  
Game schedule: 16 matches, 3 Saturday  
Tournaments

## IHSA Start Date

February 25, 2013

## Procedure for Joining

Tryouts to determine level of play, cut ONLY if  
there are too many people

## Activity Time Period

March - May

## Levels

Freshmen A and B, JV, and Varsity

## Coaches

Mr. Hubner (head coach).....Social Studies  
Mr. Grant.....Out of School  
Mr. Bugajsky.....Math  
Mr. Styler.....Social Studies