

2008/2009 MCHENRY H.S. SPORTS INFO.

MCHENRY HIGH SCHOOL ATHLETIC PROGRAM OPPORTUNITIES

The Athletic Department offers 24 athletic programs and 1 performing group. Research has shown that students who are involved in co-curricular activities perform better in school and throughout their lives than students who do not participate in these programs.

If asked to put into words, a description of athletic participation opportunities available to McHenry students, it would be that our sport teams are broken down into three categories:

NO CUT – included boys and girls cross country, football, boys and girls track and wrestling. All students are invited to participate in these activities. These teams have multiple ability levels and we have been able to provide opportunities for students to compete against other schools based on the athlete's ability.

LIMITED – includes boys and girls swimming, girls soccer, and boys water polo. All students are invited to participate and will be allowed to experience the activity unless the total number of participants becomes unsafe for individuals involved.

CUT - includes badminton, boys soccer, baseball, boys and girls basketball, boys and girls bowling, cheerleading, boys and girls golf, poms, softball, boys and girls tennis and girls volleyball. All students are invited to try out, but there will be cuts to reduce the number of players in order to address limitations caused by our facilities or staffing.

Once a student has made the team, the question comes up on how playing time is determined. We are very fortunate at McHenry High School to be able to facilitate over 800 individual students in our athletic program. We do this by having a two-phase program with most sports.

1. The Varsity, Sophomore and Freshman "A" levels in most sports are set up to be very competitive teams. Playing time is based on attendance, following team rules, knowledge of the game and athletic ability. The goal on these levels is to be as competitive as we can with the Fox Valley Conference and the Illinois High School Association (IHSA) tournament.

2. The developmental and participation levels of Junior Varsity, Sophomore "B" and Freshman "B" provide game experience to those who do not get an opportunity to perform at the other levels. Playing time at this level is based on attendance and following team rules more than on knowledge of the game and athletic ability.

This two-phase program has a history of proven success when athletes, coaches, and parents understand that not everyone can be a starter, but that there is great value and rewards from being a member of the "team".

If you have any questions, contact Mr. Drew Potthoff, Athletic Director, CAA at 815-385-7077, ext. 2968. GO WARRIORS!

FALL ATHLETIC INFORMATION RELEASED

In order to be eligible for participation in the athletic program, a student must take care of the following:

1. A **current physical examination** (NOT MORE THAN A YEAR OLD that covers the entire season). The required freshman physical exam will meet this requirement as long as it is dated no earlier than November 30, 2007 for freshmen athletes. All athletes must have a physical on file AT THE ATHLETIC OFFICE before they will be allowed to practice or try out for fall sports. It is recommended that you have 2 copies of our physical, one for athletics and one for the nurse. Please DO NOT mail your sports physical in with registration.
2. Athletes and their parents must **sign the Athletic Code** each year. The complete Athletic Handbook is available on the District website at www.dist156.org.
3. **Parents must sign the insurance waiver form.** All athletes are covered by school day insurance. All school insurance is secondary coverage.
4. Complete the **Fall Sports registration form** for your sport.
5. Athletes must **pay \$100.00 per sport** athletic fee or have a fee waiver on file. Fee waiver packets are available in both main offices.

All five of these requirements must be taken care of PRIOR to practice. Athletes in tryout sports only pay once they make the team. Athletes in no cut sports must pay before starting practice. Necessary forms can be picked up in the school offices or downloaded from the school website under "Athletics" at www.dist156.org. Also see information on the McHenry H.S. Athletic website at www.athletics2000.com/mchs.

Equipment issue cards will be available in the West Athletic Office starting on August 11th 7:30 a.m. to 3:30 p.m. and available at East Campus Main office starting on August 14th 7:30 a.m. to 3:30 p.m.

*****MANDATORY PARENT/ATHLETE MEETING for all athletes wanting to participate in any McHenry H.S. Athletic program for the 2008-2009 school year will be MONDAY AUGUST 18th at 6:00 p.m. in the West Main Gym. Parents are required to attend with their athlete(s).**



FALL SPORTS TRYOUT & PRACTICE TIMES

TRYOUT/PRACTICE/EQUIPMENT ISSUE TIMES LISTED

Boys Football: Athletes must have the yellow equipment issue card in order to be issued football equipment. Equipment will be issued on Tuesday, August 12 at East Campus at 3:00 p.m. The **first practice** for all levels will be held on Wednesday, August 13 starting at 6:45 a.m. at East Campus.

**Football players signing up for H.S. Football are to turn in all of their completed information, athletic fee, and physical for their equipment issue card on Tuesday, July 29 at the West Campus Athletic office from 8:00 a.m. until noon.

Boys Golf: Varsity tryouts will be Wednesday, August 13 at 8:30 a.m. at Chapel Hill Country Club. Athletes must have a pink equipment issue card in order to tryout.

All Freshmen and Sophomore boys interested in trying out for golf will meet on Wednesday, August 13 at 9:00 a.m. at Boone Creek Golf Club. Bring your clubs. Tryouts will be on Wednesday, Thursday, and Friday of that week. Athletes must have a pink equipment issue card in order to tryout.

Girls Golf: Meet on Wednesday, August 13 at the West Campus cafeteria at 9:00 a.m. Athletes must have a pink equipment issue card to start playing.

Boys and Girls Cross Country: All interested runners are to meet at West Campus, south entrance at 7:30 a.m., on Wednesday, August 13 with their yellow equipment issue card.

Boys Soccer: All levels meet on Wednesday, August 13 at 8:00 a.m. at the West Campus Soccer Fields. Practices and Tryouts: V/JV 9:00 a.m.-5:00 p.m., Fresh/Soph 9:00 a.m.-1:00 p.m. Athletes must have the pink equipment issue card to practice/tryout.

Girls Volleyball: Tryouts will be Wednesday, August 13 through Friday, August 15 if necessary at East Campus. Wed.: Freshmen 8:00–10:00 a.m., Sophomores 11:00–1:00 p.m., Varsity 2:00–4:00 p.m., Thursday and Friday (if necessary): Varsity 6:00-8:00 a.m., Freshmen 3:00-4:30 p.m., Sophomores 4:30-6:00 p.m. Athletes must have the pink equipment issue card in order to tryout.

Girls Tennis: Tryouts will be August 13, 14, and 15 at the West Campus Tennis Courts. Freshmen and Sophomores tryout from 8:00 – 9:30 a.m. Tryouts for Juniors and Seniors are from 9:30 – 11:00 a.m. Bring

a tennis racquet and water/sports drink. Athletes must have the pink equipment issue card to tryout.

Girls Swimming: First practice is Wednesday, August 13 from 8:00 – 10:00 a.m. at the West Campus Swimming Pool. Athletes must have the yellow equipment issue card to start practice.

Cheerleading: Athletes must have the yellow equipment issue card completed before practice on August 18th.

Poms: Athletes must have the yellow equipment issue card completed before practice on August 18th.

HOW TO GET A PINK OR YELLOW EQUIPMENT ISSUE CARD:

Complete the information sheet for your sport (available online or in main offices), read the athletic handbook (available online), athlete and parent must sign the form for the athletic code and parents must fill out and sign the insurance waiver form, attach a copy of your current physical and \$100 athletic fee (checks to: MCHS). Turn **all** of the above into the West Athletic office to receive an equipment issue card starting August 11th.

Pink equipment issue cards are required for tryout sports. **Yellow** equipment issue cards are required for the no cut sports.

Please note: Athletes **must** have a copy of their current physical in order to receive an equipment issue card. Please **DO NOT MAIL YOUR SPORTS PHYSICAL IN WITH REGISTRATION.** It will not get to the athletic office for your equipment issue card.

Equipment issue cards will be available starting on August 11th in the West Athletic Office. Office hours are 7:30 a.m. to 3:30 p.m.

All forms are available online at the District website at www.dist156.org under "Athletics" or you can pick them up in the main offices at East or West Campus.

Schedules for all sports and up to the minute changes or cancellations as well as directions, rosters, coaches, scores, etc. are available at the McHenry High School Athletics website--www.athletics2000.com/mchs.

Please call the Athletic office at West Campus with any questions at 815-385-7077, ext. 2968 or email manusoslauren@dist156.org.



GO WARRIORS!