



**HINSDALE SOUTH HIGH SCHOOL  
FIRST DAY OF THE FALL ATHLETIC SEASON NEWSLETTER**

We hope you are having a great summer and keeping in condition to join or rejoin one of Hinsdale South's many athletic programs. This newsletter has some important dates and information to prepare you to compete as a "Hornet".

--- Please follow @HinsdaleSouthAD on Twitter for all Hornet sporting news! ---

As a member of the Illinois High School Association (IHSA), Hinsdale South must adhere to its regulations. **Accordingly, candidates must have proof of a current physical exam in the Athletic Director's Office before participating in any tryouts, practice, or issuance of equipment. Physicals are valid for 13 months only. The physical examination required of all freshmen is sufficient for IHSA standards.**

All athletes must be registered on-line in order to participate or tryout on the first day. The link for registration can be found on the Hinsdale South Athletic Page. <https://hinsdalesouth.8to18.com/accounts/login>

**Fall sports start-up information:**

**Football** **Monday, August 6<sup>th</sup>** **Head Coach, Mike Barry**  
– Meet @ Weight Room – All Levels 8:00 a.m.

**Boys' Cross Country** **Wednesday, August 8<sup>th</sup>** **Head Coach, Jim Dickerson**  
– Meet @ Stadium (North entrance to the track) – 8:00 a.m. – All Levels  
– Equipment: running shoes, shorts, t-shirt, socks, water bottle, and combo lock.

**Girls' Cross Country** **Wednesday, August 8<sup>th</sup>** **Head Coach, Gail Huster**  
– Meet @ Main Gym Foyer – 1:00 p.m. – 3:00 p.m.  
– Equipment: running shoes, shorts, t-shirt and water bottle.

**Boys' Golf** **Monday, August 6<sup>th</sup>** **Head Coach, John Richerson**  
– Meet @ Room 262 – 7:30 a.m. – All Levels  
– Equipment: golf clubs, shoes, balls, etc. – Leave for Carriage Greens

**Girls' Golf** **Monday, August 6<sup>th</sup>** **Head Coach, Julie Sweet**  
– Meet @ Main Gym Foyer – 9:00 a.m.  
– Equipment: golf clubs, shoes, balls, etc. – Leave for Zigfield Troy for range work





**Boys' Soccer**                      **Wednesday, August 8<sup>th</sup>**                      **Head Coach, Danny Makaric**  
– Meet @ Stadium – Sophomores, Juniors & Seniors 8:00 am–11:00 am & 5:00 pm – 8:00 pm  
Freshmen 4:00 p.m. – 7:00 p.m.  
– Equipment: gym shoes, cleats, shin guards and water bottle.

**Girls' Swim & Dive**                      **Wednesday, August 8<sup>th</sup>**                      **Head Coach, Beth Walker**  
– Meet @ Pool – 8:00 am to 11:00 am  
– Equipment: gym lock, goggles, suits, towels, water bottle and a small snack. Also bring workout gear & running shoes. Follow Aquatics on Twitter @HSAquatics.

**Girls' Tennis**                      **Wednesday, August, 8<sup>th</sup>**                      **Head Coach, Steve Snider**  
– Meet @ Tennis Courts – All levels should report to tennis courts 3:30 pm rain or shine.  
– Equipment: athletic shoes, weather appropriate attire, racket and water bottle.

**Girls' Volleyball**                      **Wednesday, August 8<sup>th</sup>**                      **Head Coach, Alison Balmer**  
– Meet @ Main Gym – All Levels 9:00 a.m. – 1:30 p.m. Bring Lunch/Snack

**Cheerleading**                      **per Coach Yurchak's Schedule**                      **Head Coach, Ashley Yurchak**

**Dance Line**                      **per Coach Gillette's Schedule**                      **Head Coach, Courtney Gillette**

**ON FIRST DAY OF PRACTICE COACHES WILL INFORM ATHLETES  
OF THE PRACTICE TIMES AND LOCATIONS FOR THE SEASON**

All sophomore, junior and senior new transfer students are required to see Mr. Art Ostrow to complete the IHSA transfer paper work. You will not be allowed to compete until this process is complete and your transfer is approved by the I.H.S.A.

All athletes must have a current I.H.S.A. Athletic Physical on file in the Athletic Director's Office in order to participate or tryout. Athletic Physical Forms can be found on the Hinsdale South Athletic Page.

