



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

--- 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>

**Boys' Cross Country                      Monday, August 10                      Head Coach, Jim Dickerson**

- Meet @ Main Gym Foyer - 3:30 p.m.
- Equipment: running shoes, shorts, t-shirt, socks, water bottle, hand sanitizer & mask

**Girls' Cross Country                      Monday, August 10                      Head Coach, Kim Johnson**

- Meet @ Main Gym Foyer - 3:00 p.m. - 5:30 pm
- Equipment: running shoes, shorts, t-shirt, water bottle, hand sanitizer & mask

**Boys' Golf                                      Monday, August 10                      Head Coach, John Richerson**

- Meet @ Main Gym Foyer - 3:00 p.m.
- Equipment: golf clubs, shoes, balls, hand sanitizer & mask. - Leave for Carriage Greens

**Girls' Golf                                      Monday, August 10                      Head Coach, Carrie Nelson**

- Meet @ Main Gym Foyer - 3:00 p.m.
- Equipment: golf clubs, shoes, balls, hand sanitizer & mask- Leave for Zigfield Troy for range work

**Girls' Swim & Dive                      Monday, August 10                      Head Coach, Beth Walker**

- Meet @ Pool - 3:30 p.m.
- Equipment: gym lock, goggles, suits, towels, water bottle, hand sanitizer & mask
- Follow Aquatics on Twitter @HSAquatics.

**Girls' Tennis                                      Monday, August, 10                      Head Coach, Steve Snider**

- Meet @ Main Gym Foyer - 3:30 p.m.
- Equipment: athletic shoes, weather appropriate attire, racket, water bottle, hand sanitizer & mask

**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

