



**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: [Hinsdale South Athletics](#)



SCAN ME

Fall sports start-up information:

Football **Monday, August 9th** **Head Coach, Mike Barry**
– Meet @ Back Practice Field – 8:00 a.m. – All Levels

Boys' Cross Country **Monday, August 9th** **Head Coach, Jim Dickerson**
– Meet @ Stadium (South entrance to the track) – 8:00 a.m. – All Levels
– Equipment: running shoes and a water bottle.

Girls' Cross Country **Monday, August 9th** **Head Coach, Kim Johnson**
– Meet @ School Main Entrance – 8:00 a.m. – All Levels
– Equipment: running shoes and a water bottle.

Boys' Golf **Tuesday, August 10th** **Head Coach, John Richerson**
– Meet @ School Main Entrance – 9:00 a.m. – All Levels
– Equipment: golf clubs, shoes, balls, etc. – JV depart for Zigfield Troy (2 hour practice)
Varsity depart for Carriage Greens (18 holes)



