



## 2009-2010 FALL SPORTS INFORMATION FOR FRESHMAN



**MEDICAL, PARENT PERMISSION, EMERGENCY MEDICAL TREATMENT & EMERGENCY PROCEDURE CARD FORMS:** These forms, which were included in the Admissions Booklet you received in your March conference, must be on file in the Nurse's office before any athlete will be allowed to report to practice or tryouts. If you cannot locate these forms, please pick them up as soon as possible from the switchboard, Nurse's Office or off Loyola's web site [www.goramblers.org](http://www.goramblers.org). under documents and forms. (Be sure both sides are completed and signed by your doctor and your parent.) The State of Illinois, Illinois High School Association and Loyola Academy require these forms. **NO EXCEPTIONS WILL BE GIVEN TO THIS RULE.** It is highly recommended that the medical be taken in the month of June or July. By doing so, the athlete will be eligible for sports the entire academic year.

- A. FRESHMAN BOYS' CROSS-COUNTRY:** Freshman runners interested in joining the team should report to Loyola for their first practice on Monday, August 17<sup>th</sup>, from 8:30-11:00 a.m. Report to the Athletic Office Lobby at 8:15 a.m. Come dressed and ready to run (shorts, T-shirt, running shoes, and water bottle.) Practice on Tuesday, August 18<sup>th</sup>, through Saturday, August 22<sup>nd</sup> will run from 9:00 a.m. – 11:00 a.m. Other practice times will be announced at the first practice. All freshman boys are welcome to join the team, regardless of perceived ability. If for some good reason you must miss practice on any of the above-mentioned dates, please leave your name, phone number, and an explanation on Coach Behof's voicemail (847-920-2603) or email [dbehof@loy.org](mailto:dbehof@loy.org).
- B. FRESHMAN GIRLS' CROSS-COUNTRY:** The girls' cross-country team will begin workouts on Monday, August 17<sup>th</sup>. All girls interested in joining should report to the Athletic Office at 8:15 a.m. Practice will run from 8:30 – 11:00 a.m. You should come dressed and ready to run. Bring running shoes and a water bottle. Practice will continue from 9:00 a.m. to 11:00 a.m. throughout the first week. The first week of practice is mandatory. All girls are welcome to join the team, as this is a non cut sport. If you have any questions, please call Coach Simon's voicemail (847) 920-2644 or email [cjsimon@loy.org](mailto:cjsimon@loy.org).
- C. FRESHMAN FOOTBALL:** The first practice session will be held on Wednesday, August 12<sup>th</sup> from 2:00 p.m.-7:00 p.m. You will be required to report to the Athletic Lobby on August 12<sup>th</sup> with gym shorts, t-shirts (with first and last name printed on front and back), gym shoes and football spikes (screw-on cleats). Expect to have regular practice everyday except Sunday from 2:00 p.m. – 7:00 p.m. If for some reason you must miss practice on the above-mentioned date, please leave your name and a message for our Head Freshman Football Coach, Mr. Les Seitzinger (847) 920-2430 or email [lseitzinger@loy.org](mailto:lseitzinger@loy.org). The IHSA requires a minimum of 3 practice days without pads before a player can begin full contact wearing pads. The IHSA also requires a total of 12 practices before a player can be eligible to compete in a game. The first freshman football game will take place on Saturday, August 29<sup>th</sup>.
- D. FRESHMAN BOYS' GOLF TRYOUTS:** Call Coach Tim Kane's voice mail (847-920-2632) between July 31<sup>st</sup> thru August 5<sup>th</sup>, leaving your name and phone number (please speak slowly and clearly). Coach Kane should post the tryout times both at school and on Loyola's website ([www.goramblers.org](http://www.goramblers.org)) under the sports menu by Monday, August 10<sup>th</sup>. The tryouts begin on Wednesday August 12<sup>th</sup> and last for three days. After the first two rounds of tryouts, selected golfers will be called back for another round and/or placed directly in competition. The final team should be set by the end of tryouts. Loyola supports two boys' teams: a 10-14-man varsity team and a 10-14 man Frosh/Soph. team. Many individuals ask what kind of score is required to make either team. Golf team cutoff scores vary considerably from year to year, but as a rule of thumb, a freshman should be playing consistently in the mid to upper 80's to have a chance of making the Frosh/Soph team. Tryouts are held at a course to be determined. The course charges should be between \$16 & \$20 for each round.

- E. FRESHMAN GIRLS' FIELD HOCKEY TRYOUTS:** Field Hockey Tryouts begin Monday, August 17<sup>th</sup>. Times are 9:00 a.m. - 11 a.m. & 1:00 p.m. – 3: p.m. @ Our Glenview Campus. Questions? Contact: Kristin Provencher : [kristinproven44@hotmail.com](mailto:kristinproven44@hotmail.com) .
- F. FRESHMAN GIRLS' GOLF TRYOUTS:** Call Coach Jim Jackimiec's voice mail (847-920-2468) prior to August 8<sup>th</sup>, leaving your name and phone number. Coach Jackimiec will return your call and give you specific information about the program, practice days, and times.
- G. FRESHMAN HOCKEY:** As you know, Loyola Academy provides a Summer Hockey Camp, as advertised in its Summer Sports Camp Brochure, which you received the day of the Entrance Examination. If you have a strong interest in playing hockey at Loyola Academy, please Call Coach D.J. Lavarre at 847-446-9362.
- H. FRESHMAN BOYS' SOCCER:** Tryouts begin on Thursday, August 13<sup>th</sup>. Report to Loyola Academy's Athletic Lobby on Laramie @ 8:45 AM to have your physical information checked. Once you have been stamped you may then proceed to the Shuttle Bus which will take you to the Glenview Campus for tryouts. Tryouts will be until 1PM. Please bring a brown bag lunch. Athletes trying out will need to bring soccer cleats, shin guards, and water bottles. You will need to be picked up at the Glenview Campus @ 1PM. Friday tryouts will be at Glenview from 9 AM – 1 PM.
- I. FRESHMAN GIRLS' SWIMMING:** Girls' swimming and diving tryouts will begin Wednesday August 12<sup>th</sup>, 2009. Girls should report to the Athletic entrance Lobby at 8:00 a.m. Swimming begins at 8:30am and extends until 11am. Please bring a swimsuit, goggles, swim cap, towel, gym shoes, t-shirts, and shorts. The schedule for the first two weeks will be distributed early that week.
- J. FRESHMAN GIRLS' TENNIS TRYOUTS:** If you are interested in joining the team, report to the Athletic Office Lobby on Wednesday August 12<sup>th</sup> at 12:15 p.m. Tryouts will be held on the tennis courts for incoming freshmen from 12:30 p.m. to 3:00 p.m. from August 12<sup>th</sup> through August 14<sup>th</sup>. Come dressed and ready to play with racquet, water bottle, and sunscreen.
- K. FRESHMAN GIRLS' VOLLEYBALL TRYOUTS:** Tryouts for the Freshman A and B teams will begin on Wednesday, August 12<sup>th</sup>, and continue through Friday, August 14<sup>th</sup> from 9:00 a.m. to 11:00 a.m. On Wednesday August 12<sup>th</sup>, the girls should report about one-half hour early to the Athletic Office Lobby. Come dressed and ready to play.

**Information on Winter & Spring sports is available under "List of Sports" section on our website [www.Goramblers.org](http://www.Goramblers.org).**

**RESPONSIBILITY FOR EQUIPMENT:** As a condition for participation, athletes are responsible for the care and return of all equipment issued by Loyola. If an athlete must discontinue participation during a season for any reason, all equipment must be returned immediately or the student will be charged for the replacement cost of the equipment. All athletes who have completed a season must return all issued equipment at the direction of their coach. Failure to return equipment will result in demand for payment for said equipment and withholding of all athletic awards until obligations are satisfied. Furthermore, equipment will not be issued to an athlete in another sport until obligations are satisfied.

**REMEMBER: MEDICAL & PARENT PERMISSION FORMS MUST BE ON FILE IN THE NURSE'S OFFICE BEFORE YOU WILL BE ALLOWED TO TRY OUT, PRACTICE OR PARTICIPATE IN THE INTERSCHOLASTIC PROGRAM. *This is an IHSA rule – no exceptions can be made.***