

PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT
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2024 TRYOUTS/PRACTICES FOR FALL SPORTS

10TH, 11TH & 12TH GRADES MUST HAVE ATHLETIC PHYSICAL

After Aug. 12th you will not be allowed to practice without a physical turned in to your Coach or Athletic office.
(If the athletic physical is or was turned into the Main Office, it will be given to the Athletic Office.)

IMPORTANT - FRESHMEN DO NOT HAVE TO HAVE A SPORTS PHYSICAL –
THE DEPARTMENT OF HEALTH PHYSICAL GIVEN TO THE DEANS OFFICE
WILL SUFFICE THE REQUIREMENT

FOOTBALL

ALL LEVELS

Monday, August 12th – Friday August 16th – 3:00 P.M Saturday, August 17th – 9:00 a.m.
T-Shirts, Shorts, Helmet and Football and gym shoes (**Pads will be used starting Thurs.**)

GOLF – BOYS

ALL LEVELS

August 12th (& 14th if needed) - 4:00 P.M. at Mistwood Golf Course
(1700 W. Renwick Rd. Romeoville, IL)

GOLF – GIRLS

ALL LEVELS

August 12th - 3:00 P.M. August 13th - 3:00 P.M.
Woodruff Golf Course, 621 N. Gougar Rd. (Play 9 holes).

CROSS-COUNTRY

ALL LEVELS

BOYS - August 12th- tryouts/practice 3:00-4:30 P.M. *meet at the track*
GIRLS - August 12th - 3:30 P.M.- 4:30 P.M.
Practice on campus (Bring stopwatch, proper running shoes and attire for weather).

GIRLS TENNIS

Aug. 12th & 13th (**JV**) 3:00 P.M.- 5:00 P.M. (**Varsity**) Aug. 14-Aug. 16 4:30 – 6:30 P.M
At Providence Tennis Courts - Come dressed and ready to play.

GIRLS

VOLLEYBALL

MUST ATTEND BOTH DAYS.

JV	August 12 th & 13 th	4:00 P.M – 6:00 P.M
FROSH/VARSITY	August 12 th & 13 th	3:00 P.M - 5:00 P.M

Team practices begin August 14th

BOYS SOCCER

ALL LEVELS

Aug. 12-16 3:30 P.M.- 5:30 P.M., Sat. Aug. 17th 8:00 A.M.- 10:00 A.M.
There is a no cut policy. All players will make a team if they attend all tryout dates.
ALL LEVELS- Gougar Road Fields (must bring shin guards, cleats, flats, water, & a soccer ball). Must show up to all try out dates.
Starting the week of Aug. 19th practices will be 3:30 P.M.-5:30 P.M.

HOCKEY

ALL LEVELS

Mon. Aug. 12 6:10-7:40 pm everyone, except returning varsity players, scrimmage
Wed. Aug. 14 6:50-7:50 pm everyone, intersquad scrimmage
Thurs. Aug. 15 6:30-7:30 pm everyone, except returning varsity players, scrimmage
All at Canlan Ice Arena