PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT
1800 W. Lincoln Highway, New Lenox, IL 60451

Doug Ternik, Athletic Director — **815-717-3169**
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2023 TRYOUTS/PRACTICES FOR FALL SPORTS
10TH, 11TH & 12TH GRADES MUST HAVE ATHLETIC PHYSICAL
After Aug. 7th 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 7th – Friday August 11th – 4:00 P.M   Saturday, August 12th – 9:00 a.m.
T-Shirts, Shorts, Helmet and Football shoes**.**

GOLF – BOYS   August 9th & 10th - 6:30 A.M. Meet at Mistwood Golf Course
ALL LEVELS   (1700 W. Renwick Rd. Romeoville, IL)

GOLF – GIRLS   August 7th - 3:00 P.M.   August 8th - 3:00 P.M.   August 9th – 3:00 P.M.
ALL LEVELS   Woodruff Golf Course, 621 N. Gougar Rd.   (Play 9 holes).

CROSS-COUNTRY   **BOYS -** August 7th **-** 8:00-9:30 A.M
ALL LEVELS   **GIRLS** - August 7th - 8:00-9:30 A.M.
Practice on campus (Bring stopwatch, proper running shoes and attire for weather).

GIRLS TENNIS   Aug. 7th & 8th **(JV)** 9:00 – 11:00 A.M **(Varsity)** 11:00 – 1:00 P.M
At Providence Tennis Courts - Come dressed and ready to play.

GIRLS   *MUST ATTEND BOTH DAYS*.
VOLLEYBALL   VARSITY   August 7th & 8th   8:00 A.M – 10:00 A.M
FROSH/SOPHS August 7th & 8th   4:00 P.M - 6:00 P.M
Team practices begin August 9th

BOYS SOCCER   August 7th -10th 8:00-10:00 A.M. Aug. 11th 3-5:00 PM
ALL LEVELS   Gougar Rd. Fields **(Must show up all tryout days)**
(All players must bring shin guards, cleats, flats, water and a soccer ball).
Practice will start on Sat. August 12th 8:00 - 10:00 A.M.
Starting the week of August 14th practices will be 3:30 – 5:30 P.M.