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## ADJUSTED ATHLETICS SCHEDULE – AUGUST 2020

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### PHYSICALS

**All 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> GRADE STUDENT-ATHLETES  
MUST HAVE ATHLETIC PHYSICAL ON FILE IN OUR ATHLETICS OFFICE BEFORE AUGUST 10.**

After Aug. 10<sup>th</sup>, you will not be allowed to practice without a physical turned in to your Coach or the Athletic office. (If the athletic physical was already turned into the Main Office, it will be given to the Athletic Office.)

### **9<sup>th</sup> GRADERS DO NOT NEED AN ATHLETIC PHYSICAL**

The Illinois Dept. of Health physical will meet the requirement for Athletics for all 9<sup>th</sup> graders.

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### START DATES FOR FALL SPORTS

Golf – Boys All levels	August 12 & 13 6:30 AM	Mistwood Golf Course 1700 W. Renwick Road, Romeoville	
Golf – Girls All levels	August 10, 11 & 12 3:00 PM	Woodruff Golf Course, 621 N. Gougar Rd, New Lenox	
Cross Country – Boys All Levels	August 10 8:00 – 9:30 AM	PCHS Campus	Bring stopwatch, proper running shoes and attire for weather
Cross Country – Girls All Levels	August 11 7:30 AM	PCHS Campus	Bring stopwatch, proper running shoes and attire for weather
Tennis – Girls	August 10 & 11 JV: 3:00 – 4:30 PM Varsity: 4:30 – 6:00 PM	PCHS Tennis Courts	Come dressed and ready to play