

2009 Athletics

Summer Newsletter



Robert Tyrell - Athletic Director
Kim Swanson – Assistant Athletic Director
Central Campus 301 South Wabena Avenue Minooka, IL 60447
South Campus – 26655 West Eames Channahon, IL 60410



2008-09 Athletic Accomplishments

**IHSA 3A State
Runner Up**
Dual Team Wrestling

TDI 2nd Place State
Arrowettes

**IHSA Sectional
Champs**
Wrestling

**IHSA Regional
Champs**
Wrestling

**TDI Regional
Champs**
Arrowettes

**Southwest Prairie
Conference
Champions**
Girls Golf

Boys Cross Country
Girls Volleyball
Girls Basketball
Wrestling
Boys Volleyball



SPORTS PHYSICALS OFFERED AT MCHS

We will offer free physicals to sophomore, junior and senior student athletes on Saturday, June 13th and August 8th from 8:00 am to 11:00 am on a first-come first-serve basis. The physicals will take place at Central campus (please enter at entrance 1).

Physicians from Rezin Orthopedic are donating their time to perform the physicals for our student athletes. The physicals are open only to student athletes of Minooka Community High School.

Physical forms are available at the school or online at www.mchs.net. Click on MCHS Athletics and select the IHSA Athletic Participation Examination Form [.pdf] to download and print. Parents are asked to complete the parent/athlete section of this form, complete with signatures prior to the physical.

Student athletes must have an annual certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner on file at MCHS in order to practice or participate.

Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal.

Freshman students must have a State of Illinois Certificate of Child Health Examination on file in order to enroll into high school. This completed form serves as the athletic physical for one (1) year from the date of exam.

Please call the Athletic Office with questions at 815.467.2140 ext. 135.

Athletic Boosters' Corner

UPCOMING EVENTS...

Booster Club Golf Outing

On Monday, August 3rd, the Channahon Junior High Boosters, along with your Minooka Indians Athletic Boosters, partner in the "Athletic Boosters Golf Outing."

Volunteers are needed for the registration table, raffle tables and at various tees.

Sponsorships are available, as well as foursomes for golfing. The registration form is downloadable on our web site at www.mchs.net.

"All Sports Coaches' Cookout"

The Boosters will again host the "All Sports Coaches Cookout" on August 24th.

All MCHS student athletes, along with their families are invited to attend. Mandatory fall sports meetings will follow the dinner.

The Minooka Indians' Athletic Boosters and the MCHS Coaches will prepare hot dogs and hamburgers for everyone from 5:30 pm to 7:30 pm. During this time you may purchase all sport season tickets and MCHS athletic apparel and sign up for booster club membership (\$15.00 fee).

The Booster Club holds monthly meetings in the Career Center at Central Campus on the second Monday of the month at 7:00 pm. Please come and be part of the booster club.

Minooka Indians Athletic Boosters Meetings
Every 2nd Monday of the Month in the Career Center of
Minooka Community High School - Central Campus.



Work together Win together!



Minooka Community High School

FALL SPORTS 1ST PRACTICE DATES

With the 2009 fall season quickly approaching, we have listed the try-out schedule for fall sports. Updates will be posted on our web site as information becomes available. All athletes must have a current physical on file and maintain a 1.5 or above grade point average in order to participate.

Parents and athletes must complete the Athletic Participation form in the Athletic Handbook, which will be available at our website at www.mchs.net and at each high school campus. The completed Athletic Participation form must be turned into the Coach on the first day of tryouts before an athlete may participate. You may also return the forms to the Athletic Office at either campus before the tryout date. If you have any questions, please call the Athletic Office at 815.467.2140 ext. 135.

Sport	Dates	Level	Times	Location
Girls Tennis Try-Outs	August 13-14	All levels	3:00 p.m. – 5:00 p.m.	MCHS Central Campus - Main Tennis Courts
Girls Volleyball Try-Outs	August 12	All levels	8:00 – 9:30 a.m. - running shoes needed	MCHS - Main & Small Gym
		Sophomores/Juniors/Seniors	10:00 – 11:30 a.m. & 3:00 p.m. – 5:30 p.m.	
		Freshmen	1:00 p.m. – 3:30 p.m.	
	August 13	Sophomores/Juniors/Seniors	3:30 – 6:00 p.m.	
		Freshmen	2:00 – 4:00 p.m.	
	August 14	Juniors/Seniors	2:00 – 4:00 p.m.	
Football Practice	August 12	Varsity	TBD	MCHS Central Campus - Football Practice Fields (west of the stadium)
		Sophomore	TBD	
		Freshmen	TBD	
*Boys Golf Try-outs	August 12	Varsity	8:00 a.m.	Heritage Bluff Golf Course
		Junior Varsity	10:00 a.m. – 12:00 p.m.	
	August 13	Varsity	TBD	
		Junior Varsity	TBD	
**Girls Golf Try-outs	August 12	Varsity	12:00 p.m. – TBD	Heritage Bluff Golf Course
		Junior Varsity	10:00 a.m. – TBD	
	August 13	Varsity	TBD	
		Junior Varsity	TBD	
Boys & Girls Cross Country	August 12	All levels	8:00 a.m.	MCHS Central Campus - Front of School
	August 13	All levels	3:00 p.m. – 5:00 p.m.	
	August 14	All levels	3:00 p.m. – 5:00 p.m.	
Boys Soccer Try-outs	August 12	Varsity	7:00 a.m. – 9:00 a.m. & 3:15 p.m. – 5:45 p.m.	MCHS Central Campus - Practice Soccer Field
		Freshmen & Sophomore	3:15 p.m. – 5:45 p.m.	
	August 13 & 14	Varsity	6:00 a.m. – 7:00 a.m. & 3:15 – 5:45 p.m.	
		Freshmen & Sophomore	3:15 – 5:45 p.m.	

All try-outs and practices will take place at the Minooka Community High School Central Campus unless otherwise noted.

*Charges for Boys Golf try-outs have yet to be announced although it will not exceed \$14.00 a day.

** There is no charge for Girls Golf try-outs.

MCHS Athletic Requirements

- **Must have and maintain a GPA of 1.5 to participate.**
- **Must have current physical on file.**
- **Must complete the Athletic Participation form and present proof of health insurance before you may practice.**

ALL SPORTS SEASON PASSES

As a convenience for our fans, the Athletic Department has created an All Sports Season Pass. Money-saving family and single athletic passes are available for the 2009-2010 school year in the Athletic Office and at the “All Sports Coaches Cookout” on August 24th.

The cost of a family pass will be \$40.00 and the cost for a single pass will be \$15.00 per school year.

Admission is charged at Varsity and Sophomore Basketball, Wrestling, Football and Volleyball events. Admission is not charged at our freshmen competitions.

Family and single passes are a great bargain since they will allow for admission to unlimited athletic events at Minooka Community High School (excluding post-season play).