

NAPERVILLE CENTRAL SPORTS PROGRAMS

FALL

CROSS COUNTRY

BOYS AND GIRLS

IHSA Starting Date

August 12, 2019

Ending Date

Mid October
(Freshman)

Procedures to Join

Report to practice the first day in the bleachers of the stadium at 8:00 am. This is a non-cut sport.

Time Commitment

2 to 2.5 hours daily 6 days a week with 1-2 meets per week.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Varsity

Frosh/Soph

GOLF

BOYS AND GIRLS

IHSA Starting Date

August 12, 2019

Ending Date

Mid October

Procedures to Join

Tryouts at Naperbrook Golf Course. Tryout is required, cuts will be made.

Meet at Naperbrook time TBA am on the first day for a meeting followed with first tee time. You must pay your own green fee for tryouts.

Time Commitment

2 to 2 1/2 hours daily. Longer on match days. Matches most Tues., Thurs & Sat.

Summer Camp

Note. Interested participants should play at local courses. Naperbrook is NCHS home course during the season.

Levels:

Varsity (Boys & Girls)

Frosh/Soph (Boys)

Junior Varsity (Girls)

FOOTBALL

IHSA Starting Date

August 12, 2019

Ending Date

Mid October
(Freshman)

Procedures to Join

Practice schedule TBA beginning of August. This is a non-cut sport.

Time Commitment

Two practices a day until school begins. 2 1/2 hours daily with Freshman games on Saturday.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B

Sophomore A & B

Junior Varsity

Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

BOYS SOCCER

Starting Date

August 12, 2019

Ending Date

Mid October
(Freshman)

Procedures to Join

Report for first day of practice to West St. Fields from 8 am-11am. Try-outs will be 3-4 days. This is a cut sport, tryouts required.

Time Commitment

Daily practice 2 - 2 1/2 hours. Freshman games most Wednesdays and Saturdays, some Mondays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A
Freshman B
JVII
JV
Varsity

GIRLS SWIMMING & DIVING

Starting Date

August 12, 2019

Ending Date

Late November

Procedures to Join

Report to pool on starting date. Times TBA. Check the athletic website. Tryouts required depending on numbers, cuts may be made.

Time Commitment

2 ½ - 5 hour daily practice. Practices will be held in the morning before school and in the afternoon with dryland and weight workouts. Two meets per week (one is usually a Saturday invitational).

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

GIRLS TENNIS

Starting Date

August 12, 2019

Ending Date

Mid October

Procedure to Join

Report to Tennis Courts on first day of practice. Times & Location TBA, Check the athletic website. Tryouts will be held and cuts will be made.

Time Commitment

2 - 2 1/2 hours daily. Matches on Tues., Thurs and most Saturdays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

JVII
Junior Varsity
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

GIRLS VOLLEYBALL

IHSA Starting Date

August 12, 2019

Ending Date

End of October
(Freshman)

Procedures to Join

Report to practice in Main Gym or Fieldhouse on first day. Times TBA, check the athletic website. Tryouts are required and cuts will be made.

Time Commitment

2 – 2 1/2 hours daily with games on Tues., Thurs, and some Saturday tournaments.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B
Sophomore
Junior Varsity
Varsity

WE EXPECT RESPECT

The Athletic Department expects that students who choose to take advantage of the privilege of participating in interscholastic athletics will respect themselves, their families, their school, their teammates, their coaches, their peers their opponents and their community.

NAPERVILLE CENTRAL SPORTS PROGRAMS

WINTER

BOYS BASKETBALL

Starting Date

November 11, 2019

Ending Date

Mid February-
(Freshman)

Procedures to Join

Report to tryouts on starting date. Times available in the Athletic Office in mid-October. Check school announcements for an organizational meeting day and time. Tryouts required; cuts will be made.

Time Commitment

Daily practice, 2 - 2 1/2 hours. Some practices run from 3:30 PM to 5:30 PM, others from 5:30 PM to 7:30 PM. Freshman games usually on Mon. and Sat., early tournaments during the week.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B
Sophomore A & B
Junior Varsity/Varsity

GIRLS BASKETBALL

IHSA Starting Date

November 4, 2019

Ending Date

Early February-
(Freshman)

Procedures to Join

Report to tryouts on first day of practice. Times TBA. Contact the Athletic Office in mid-October for info. Listen to school announcements regarding organizational meeting. Tryouts required, cuts will be made.

Time Commitment

2 - 2 1/2 hours daily practice. Practice times vary from 3:30 PM - 5:30 PM or 5:30 PM - 7:30 PM. Games on Thurs and Sat. Some early season games on Tues.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B
Sophomore
Junior Varsity
Varsity

BOWLING

BOYS AND GIRLS

IHSA Starting Date

October 28, 2019-Boys
November 18, 2019-Girls

Ending Date

Late January-Early
February

Procedures to Join

Report to tryouts on starting date. Contact the Athletic Office for times. Check school announcements for the date and time of the organizational meeting. Tryouts are required; cuts may be made.

Time Commitment

Daily practices 2 - 2 1/2 from usually 3:30 PM to 5:30 PM. Bowlers will need to provide their own transportation to Lisle Lanes for practice and home matches.

Levels:

Boys:
JV
Varsity
Girls:
JV
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

GIRLS GYMNASTICS

IHSA Starting Date

November 11, 2019

Ending Date

Late January
(Freshman)

Procedures to Join

Report to practice on starting date. Tryouts required. Listen to school announcements for open gym time in October and for information regarding organizational meeting day and time.

Time Commitment

Daily practice 2 – 2 1/2 hours.
Two meets per week.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

BOYS SWIMMING & DIVING

IHSA Starting Date

November 25, 2019

Ending Date

Mid February
(Freshman)

Procedure to Join

Report to pool for tryouts on first day. Listen to school announcements for organizational meeting information. Cuts may be made based on numbers.

Time Commitment

2 ½ - 5 hour daily practice.
Practices will be held in the morning before school and in the afternoon with dryland and weight workouts. Two meets per week (one is usually a Saturday invitational).

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

WRESTLING

IHSA Starting Date

November 11, 2019

Ending Date

Late January
(Freshman)

Procedure to Join

Report to practice in wrestling room on starting date. Listen to school announcements for organizational meeting day and time. This is a non-cut sport.

Time Commitment

2 - 2 1/2 hour daily practice.
Meets on most Fridays.
Tournaments on Saturdays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity II
Junior Varsity I
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

SPRING

BADMINTON

IHSA Starting Date

March 2, 2020

Ending Date

Late April (Freshman)

Procedures to Join

Report for tryouts on starting date. Listen to school announcements for information regarding organizational meeting date and time and open gym times. This is a tryout sport and cuts will be made.

Time Commitment

2 hour daily practices with matches on most Tuesday's, Thursday's and Saturday invitationals.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

BASEBALL

IHSA Starting Date

March 2, 2020

Ending Date

Mid May (Freshman)

Procedures to Join

Report to tryouts on starting date. Times and location TBA. Check school announcements for the date and time of the organizational meeting. Tryouts are required; cuts will be made.

Time Commitment

March practices 2 – 2 1/2 hours with starting time ranging from 3:30 PM to 7:30 PM. Daily practice in April and May with games most days, including Sat.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B
Sophomore
Varsity

BOYS GYMNASTICS

IHSA Starting Date

February 17, 2020

Ending Date

Late April (Freshman)

Procedures to Join

Report to practice on starting date. Listen to school announcements for information regarding organizational meeting and for open gym dates and times.

Time Commitment

2 – 2 1/2 hours daily practice. Meets on weekday evenings with some Saturday meets.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

LACROSSE

BOYS AND GIRLS

IHSA Starting Date

March 2, 2020

Ending Date

Mid May (Freshman)

Procedures to Join

Report to tryouts on starting date. Contact the Athletic Office for times. Check school announcements for the date and time of the organizational meeting. Tryouts are required; cuts may be made.

Time Commitment

March practices 2 - 2 1/2 hours with starting time ranging from 3:30 PM to 7:30 PM. Daily practice in April and May

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Boys:
Freshman
JV
Varsity
Girls:
JV
Varsity

GIRLS SOCCER

IHSA Starting Date

March 2, 2020

Ending Date

Mid May (Freshman)

Procedures to Join

Tryouts begin on starting date. Listen for announcements regarding organizational meeting and practice time. Cuts will be made.

Time Commitment

2 - 2 1/2 hour daily practices with 2 - 3 games each week including Saturdays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
JV
Varsity Reserve
Varsity

SOFTBALL

IHSA Starting Date

March 2, 2020

Ending Date

Mid May (Freshman)

Procedure to Join

Report for tryouts on starting date. Listen to school announcements for times and for information regarding organizational meeting. Tryout required and cuts will be made.

Time Commitment

2 – 2 1/2 hours daily practices with starting times in March between 3:30 PM and 7:30 PM. Games most days, including Saturdays, in April and May.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman
Junior Varsity
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

TRACK & FIELD

BOYS AND GIRLS

IHSA Starting Date

January 20, 2020

Ending Date

Early May (Freshman)

Procedures to Join

Report to first practice date. Athletes in winter sports may join after completion of winter season. Cuts may be made based on numbers trying out.

Time Commitment

2 – 2 1/2 hour daily practices. Usually 2 meets a week, including Saturdays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Frosh/Soph (Boys)
Junior Varsity (Girls)
Varsity (Boys & Girls)

BOYS TENNIS

IHSA Starting Date

March 2, 2020

Ending Date

Mid May (Freshman)

Procedure to Join

Conditioning and tryouts begin on starting date. Check school announcements for information on organizational meeting and practice times.

Time Commitment

2 – 2 1/2 hour daily practices with matches on most Tues., Thurs and Sat in April and early May.

Summer Camp

None available through school

Levels:

Freshman
Sophomore
Varsity

BOYS VOLLEYBALL

IHSA Starting Date

March 9, 2020

Ending Date

Mid May (Freshman)

Procedure to Join

Tryouts begin on starting date in main gym and fieldhouse. Listen to school announcements for information. Tryouts are required and cuts will be made.

Time Commitment

2 – 2 1/2 hour daily practice with games on most Tues. and Thurs. in April and early May with some tournaments on Saturdays.

Summer Camp

<http://il.8to18.com/napervillecentral>

Levels:

Freshman A & B
Junior Varsity
Varsity

NAPERVILLE CENTRAL SPORTS PROGRAMS

WATER POLO

BOYS AND GIRLS

IHSA Starting Date

March 2, 2020

Ending Date

Mid May

Procedure to Join

Tryouts in the pool on starting date. Listen to school announcements for information. Tryouts are required and cuts will be made.

Time Commitment

2 – 2 1/2 hour daily practices with 2 - 3 games most weeks, including Saturdays.

Summer Camp

Summer programs at local pools

Levels:

JR Varsity (Boys & Girls)

Varsity (Boys & Girls)

WHO TO CALL

If you have questions or concerns, please feel free to call the Athletic Department at 630-420-6444.

Mr. Andy Lutzenkirchen, CAA

Athletic Director

Mrs. Ranelle Coffey

Administrative Assistant

Ms. Sarah Peterson

Mr. Jeff Nudera

Assistant Athletic Directors

Visit the NCHS Athletic Department Web Site:

<http://il.8to18.com/napervillecentral>

SUMMER CAMPS

Most sports will have summer camps available – that information can be found on the athletic web site at:

<http://il.8to18.com/napervillecentral>

CO-CURRICULAR CODE

Students participating in the athletic program at Naperville Central will be obligated to observe the District 203 Discipline Policy as well as the requirements established in the Co-Curricular Participation Code. This code can be found in the RED BOOK that all students receive at registration and on the school web site. All participants and their parents should read this code and understand the expectations of the code and the athletic department.

ADDITIONAL INFORMATION

Athletic programs at NCHS are bound by the by-laws of the Illinois High School Association. Many of these by-laws restrict participation in outside of school programs during the school season and restrict participation in “coaching schools” during the school year. Some of this information can be found in the RED BOOK that every student receives at registration. All students planning to participate in athletic programs at Naperville Central and their parents should read this information. If parents have questions, they should call the Athletic Director for clarification.

WE ARE BUILT ON:

TRADITION

PRIDE

EXCELLENCE

