

2019-20 SUMMER CONDITIONING AND FALL DATES

**You NEED a physical on file to participate (physical dated after 4/1/19 is good through 5/31/20).
To participate on/after June 1, 2019, you MUST have a physical dated AFTER April 1, 2019.
(NO EXCEPTIONS AFTER JUNE 1 – MUST HAVE VALID PHYSICAL ON FILE TO PARTICIPATE.)**

**ALSO, per Indiana State Law, to participate you need an Acknowledgement/Signature form
(on file in Athletic office) for the Concussion/Sudden Cardiac Arrest information.**

MORATORIUM WEEK: Mon., July 1, through Sat., July 6 - (NO activities)

- Boys AND Girls Country: Both boys and girls will begin Summer conditioning on Monday, June 10, at the high school track at 8:00 AM (rain or shine). Please contact Coach Lukowski at 708-925-8995 or coachluke4421@gmail.com for more details. Please invest in some new running shoes. Fleet Feet in Schererville is the preferred running shoe store to obtain your new shoes.
- Football: For Freshman (incoming also) through Senior: Equipment and gear handout for Juniors and Seniors is Tuesday, May 28, from 9:00-11:00 AM in the HS blue gym; Freshman and Sophomores is Wednesday, May 29, from 9:00-11:00 AM in the HS blue gym. Team Camp is June 3-6 from 8:00 AM to 12:00 PM at the football practice field. Beginning Tuesday, June 11, weights and conditioning will be held every Tuesday through Thursday in the HS blue gym from 8:00-11:00 AM. First official practice is Monday, August 5, at 8:00 AM. (If you missed equipment handout, come at 8:15 am on Monday, August 5).
- Boys and Girls Golf: Boys and Girls players (especially girls) can meet at the putting green at Wicker Park at 9:00 am on the following Wednesdays: May 29, June 5, 12, 19, 26 and July 10. Sessions will last approx. one (1) hour. Players need to bring their own golf balls and golf clubs and wear tennis type shoes or golf shoes, if you have them. Sandals or flip flops are NOT recommended. Range balls can be purchased at your own expense, but the chipping and putting practice areas are free for everyone. Girls season begins Friday, August 2, at 9:00 am at the Wicker driving range to confirm that all players have the necessary physical and other forms on file in the athletic office - forms are available online at the HHS website. Call or text (leave your name and return number) Coach Richardson at 219-805-1817 for any questions that you may have concerning transportation, tryouts, equipment needed, eligibility, signups (especially incoming 8th grade girls), or any other concerns that you might have.
- Boys Soccer: Summer conditioning will be Tuesday through Thursday beginning Tuesday, June 4, at Merkley field from 3:00-5:00 PM. First soccer practice/tryout is Monday, August 5, from 3:00-5:00 PM at Merkley field. Bring water, running shoes, soccer cleats and shin guards every day. Coach Tanis can be contacted at MVTanis@uss.com. Also, you can sign up for the boys soccer remind account by texting @hhsbsoc to 81010.
- Girls Soccer: Summer conditioning will be Monday through Wednesday from 3:00-5:00 PM at Warren field beginning Monday, June 10. First soccer practice/tryouts will be on Monday, August 5, at Warren field from 3:30-5:30 PM. Coach Condes can be contacted at ccondes@highland.k12.in.us.
- Boys Tennis: In order to participate in any workout or practice, all players need to have a new completed physical dated after April 1, 2019, on file. Beginning Monday, June 3, there will be combined boys and girls hitting sessions in June and July on Mondays at 12:00-2:00 PM, Tuesdays at 12:00-2:00 PM and Wednesdays at 1:00-3:00 PM at the high school courts. Boys' tryouts/practices start on Monday, August 5, from 8:00-10:00 AM at the high school courts. Bring your racquet and be ready to play. Coach Steenson can be contacted at tsteenso@highland.k12.in.us should you have any questions.
- Volleyball: Summer conditioning for June will be Tuesdays and Thursdays, June 11-27, from 11:00 AM to 1:00 PM in the auxiliary (blue) gym; Wednesdays will be 9:00-11:00 AM at Wicker Park for beach conditioning unless weather prohibits (if weather, conditioning will be in auxiliary gym). July conditioning will be Tuesdays through Thursdays, July 9-11 from 11:00 AM to 1:00 PM in the auxiliary gym and Mondays through Thursdays, July 15 through July 25 from 9:00 AM to 12:00 PM in the main gym. Please follow us on twitter: @highland_vball or remind: @h33hcc or the volleyball website at hhs.highland.k12.in.us/athletics for updates and full summer schedule. Please check the schedule since our summer conditioning is by positions. We encourage all players to attend as many conditioning dates as possible. Tryouts will be Monday and Tuesday, August 5 and 6, with TBD. Any questions, please email Coach Strohl at astrohl@highland.k12.in.us.