



TRINITY Athletic Teams Information



Volleyball

Tryouts will be held on Wednesday, August 11th & Thursday, August 12th in the Sister Michelle Germanson Athletic Facility for all levels - varsity, junior varsity, & freshman.

Freshman try-outs: Wednesday, August 11th & Thursday, August 12th
3:30 – 5:30 p.m.

Junior Varsity try-outs: Wednesday, August 11th & Thursday, August 12th
9:30 – 10:30 a.m., 11:00 am – 1:00 p.m.

Varsity try-outs: Wednesday, August 11th & Thursday, August 12th
9:00 – 10:30 a.m., 1:00 – 3:00 p.m.

Tennis

Tryouts will be held on Wednesday, August 11th & Thursday, August 12th at Keystone Park (Keystone & Lake Streets), River Forest from 10:00 a.m. – 12:00 p.m. Any girl trying out will need to bring her own tennis racquet.

Golf

Tryouts will be held Wednesday, August 11th at the Bushwood Golf Practice Center (Madison Street, approximately 3 blocks east of 1st Avenue, Maywood) from 6:30 – 8:00 p.m. Bring your own clubs if you have them otherwise Trinity will provide you with them. Any questions please call Coach Frank Amaro at (708) 359-3710.

Swimming

Tryouts are Wednesday August 11th at the Riverside Golf Club Pool from 7:00 a.m. – 9:00 a.m. Riverside Golf Club is located at 2520 Des Plaines Ave, Riverside, IL. The pool is located behind the clubhouse on the south side of the building.

Cross Country

Practice will begin on Wednesday August 11th for anyone interested in participating. Practice will be at Trinity from 9:00 a.m. – 12:00 p.m.

Physical Examinations

Physical examinations are **REQUIRED** for all students trying out for athletic teams at Trinity High School. You will not be permitted to tryout unless you have a complete physical. Loyola University Sports Medicine Physicians will be available for physical examinations and completion of the required form on Wednesday, August 4th in the Sister Michelle Germanson Athletic Facility. The Physicians will perform the physicals from 9:00 a.m. – 12:00 p.m. Cost is \$30.00.

Athletic Fees

Each athlete and manager must pay an \$85.00 fee at the beginning of the first sport in which she participates to defray the costs of the athletic program. This fee does not cover the purchase of uniforms.

*Please note that there are to be no vacations taken during your sports season.

**Trinity High School athletic teams practice on the average of 2 hours per day 6 days per week. Times may vary for each sport and coach.

***Please direct questions or concerns to Mr. Steve Messina, Athletic Director, (708) 453-8394.