

DEKALB HIGH SCHOOL
FALL SPORTS/ACTIVITY REGISTRATION INFORMATION

DHS Athletic Office Registration Hours

August 4 - 5 (M, T) 7:00 - 1:00

August 6, 7, 8 (W, Th, F) 8:00 - 12:00 & 1:00-3:00

Call 815-754-2148 if you have any questions.

BEFORE THE FIRST PRACTICE all athletes MUST HAVE on file in the Athletic Office:

- 1. Signed Parent Permission Form (Forms available in the DHS Athletic Office or District #428 website @ www.dist428.org)**
 - 2. Current Physical**
 - 3. \$100 Sport Fee per sport , student's 3rd sport in a year is free**
 - 4. \$35 Poms Activity Fee (\$100 Sport Fee not required)**
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FALL SPORTS PRACTICE START INFORMATION

BOYS' FOOTBALL	Tuesday, August 12, 6pm Parent/Player Meeting in DHS Aud Wednesday - Friday, August 13, 14, 15 Practice Frosh & Soph 8:30-10:30 & 2-4:00, Varsity 8-10 & 2:30-4:30 Saturday, August 16, F & S 8:30-11:30, Varsity 8-11:00
BOYS'/GIRLS' CROSS COUNTRY	Wednesday – Friday, August 13, 14, 15 Practice 9:00 – 11:00 a.m. Meet in DHS tennis court area prepared to practice.
BOYS'/GIRLS' GOLF	Wednesday, August 13 New & Returning Golfers @ 7:30 a.m River Heights Golf Course
BOYS' SOCCER	Wednesday - Friday, August 13, 14, 15, 8-10:00 & 2-4:00 Saturday, August 16, 9-11:00 All levels meet at DHS varsity soccer field for practice.
GIRLS' SWIMMING	Monday, August 11, 3:00 in DHS pool lobby for meeting only Wednesday, August 13, Practice in DHS Pool @ TBA
GIRLS' TENNIS	Tuesday, August 19, Practice 6-8pm Wednesday-Friday, August 20, 21, 22, 3-5pm DeKalb High School tennis courts
GIRLS' VOLLEYBALL	Wednesday - Friday, August 13, 14, 15 8:30 – 9:45 a.m. and 11:30 – 1:45 p.m. All levels meet in DHS main gym for practice.
CHEERLEADING	Wednesday, August 13, TBA Teams selected in Spring of 2008
POM PONS	Monday, August 25, 3-5:00pm in Park District Rec Center Teams selected in Spring of 2008

***Students attending Frosh Orientation on August 14, 9-noon, will practice at alternate times that day.**

****Mandatory Parent & Athlete meeting will be held on Monday, August 25. More info available at registration.**