

SUMMER CONDITIONING AND FALL DATES

You NEED a physical on file to participate (physical dated after 4/1/16 is good through 6/01/17).

****To participate after July 1, 2017, you MUST have a physical dated AFTER April 1, 2017.**
(NO EXCEPTIONS AFTER JULY 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 3, through Sat., July 8 - (NO activities)

- Boys AND Girls Cross Country: Both boys and girls will begin Summer conditioning on Wednesday, June 7, at the high school tennis court parking lot at 7:00 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 too) through Senior. Beginning Monday, June 5, weights and conditioning will be every Monday, Wednesday and Friday from 10:00 AM-12:00 PM in the weight room. Outside conditioning will be every Tuesday and Thursday from 10:00 AM-12:00 PM. First Freshman practice is Wednesday, August 2, from 9:00-12:00.
- Boys and Girls Golf: Both boys and girls begin Wednesday, June 14, at the Wicker putting green at 9 am and will be held every Wednesday except on July 5 (moratorium week) and July 12 (Wicker golf camp). Cost for driving range balls is to be paid by the players, but use of the chipping and putting area is free. Attendance is voluntary, but recommended, especially for girls wanting to tryout for golf. Attending the Wicker golf camp July 10-13 is also recommended for all players wanting to play high school golf someday (call Wicker Pro Shop for details [219-838-9809](tel:219-838-9809)). Girls season begins Monday, July 31, 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. All players should have the necessary forms completed and turned in by July 1. 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 6, at Merkley field from 3:00-5:00 PM. First soccer practice/tryout is Monday, July 31, 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 up for the remind account on the boys soccer webpage at: hhs.highland.k12.in.us/athletics.
- Girls Soccer: Summer conditioning will be Monday through Wednesday from 3:30-5:00 PM at Warren field beginning Monday, June 5. First soccer practice/tryouts will be on Monday, July 31, at Warren field from 3:30-5:30 PM. Coach Condes can be contacted at ccondes@highland.k12.in.us.
- Boys Tennis: There will be combined boys and girls hitting sessions on Tuesdays from 5:30-7:00 PM, Wednesdays from 12:30-2:00 PM and Fridays from 9:00-10:30 AM beginning Tuesday, June 6, at the high school courts. Boys' tryouts/practices start on Monday, July 31, from 8:00-10:00 AM at the high school courts. Bring your racquet and be ready to play. Coach Heckard (Boys) can be contacted at jheckard@highland.k12.in.us. Coach Steenson (Girls) can be contacted at tsteenso@highland.k12.in.us.
- Volleyball: Summer conditioning will be held on Tuesdays through Thursdays beginning Tuesday, May 30, with speed and agility workout with Ben 9:00-10:00 AM. Beginning Tues., June 20, speed and agility from 9:00-10:00 AM followed by skills training from 11:00 AM-1:30 PM. We strongly encourage you to attend both the skills and workouts. We will start an incoming Freshman/New Players camp on June 12-14 from 11:30 AM-3:00 PM. Tryouts will be held Monday, July 31, time TBA. Wear athletic clothing, volleyball shoes and kneepads for skills, and bring gym shoes for the workout, along with water!! Coach Strohl can be reached at astrohl@highland.k12.in.us with any questions.