

**OAK PARK HIGH SCHOOL ATHLETICS
SUMMER CONDITIONING 2019
COURSE SELECTION FORM**

Student's Name _____ Current Grade Level _____ ID # _____

Parent's Name _____ Phone # _____

GIRLS VOLLEYBALL CONDITIONING

[] 3:30-5:30 p.m. T/TH

[] 5:30-7:30 p.m. T/TH

July 9-Aug. 1

(incoming 9th and new players)

(returning players)

BOYS VOLLEYBALL CONDITIONING

[] 7:30-9:30 p.m. T/W/TH

July 9-Aug. 1

(all players)

FOOTBALL CONDITIONING

[] 3:00-6:00 p.m. M-F

May 28-June 28; July 22-Aug. 2

(all players)

Passing league – mostly T/TH 4-7 p.m.

BOYS BASKETBALL CONDITIONING

[] 1:00-3:00 p.m. M/W

June 10-July 12

(incoming 9th & frosh/soph)

[] 1:00-3:00 p.m. T/TH

JV

[] 6:30-8:30 p.m. M/W/TH

June 3-July 7 Varsity

Summer leagues/tournaments TBA

GIRLS BASKETBALL CONDITIONING

[] 3-5 p.m. M-TH; 1-3 p.m. Fri

June 3-July 13

(All players)

Summer leagues TBD

BOYS SOCCER

[] 1:00-3:00 p.m. T/W/F

July 8-July 26

(all players)

GIRLS SOCCER

[] 1:30-3:30 p.m. T/W/F

June 4-June 28

(all players)

CROSS COUNTRY CONDITIONING

[] 6:30-8:30 a.m. M-F; some Sat. practice

June 19-Aug. 2

Locations TBA – various sites; 1st practice meet at OPHS track. Mammoth trip 7/21-26

BOYS & GIRLS TENNIS

[] 4:30-6 p.m. T/TH Tennis Courts

June 4-July 4

3:00-5:00 p.m.

July 30, 31, Aug. 1 (tryouts)

DANCE

[] 9:00-12:00 M-TH Dance Room

July 22- Aug. 1

SIDELINE CHEER & TRADITIONAL COMPETITIVE CHEER (TCC)

[] Specifics on times/locations will be communicated to team members

June 17-28, July 8-12, 15-19, July 29-Aug. 2

DONATION WORKSHEET ***Please bring your school ID card (OPHS or MCMS) with you at time of payment***

_____ Number of courses marked above

x \$200.00 requested donation per course (\$380 for two courses/\$500 for three courses)(**pays for coaches/trainer/facilities**)
(\$150.00 for dance)

_____ Total requested donation

_____ Total amount donated (Please make check out to OPHS ASB)(Pays for coaches and tournament fees)

No student will be denied access due to inability or unwillingness to pay

PLEASE RETURN THIS FORM **WITH YOUR DONATION CHECK** ON:

8TH GRADERS – MAY 21 from 2:30-3:30 pm (last name A-L) and MAY 23 from 12:30-1:30 pm (last name M-Z) at the OPHS STUDENT STORE

9TH-11TH GRADERS – APR 22-MAY 24 at OPHS STUDENT STORE

Make-up dates to register: May 28-31 9-10 a.m. and 1-2 p.m. at OPHS Student Store