

DOWNERS GROVE SOUTH ATHLETICS

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Hard Work, Discipline, Team Work, Confidence, Character, Academic Success, and Love of the Game

DGS Mustangs Fall Sports 2018-19 Start Dates, Times, and Locations

All athletes must have a physical on file in the DGS Athletic Office. Additionally, every athlete must be registered on line before they can try out. Click on the REGISTRATION tab at the top of the [Athletic Home Page](#).

NOTE: Athletic fee payments are no longer be accepted via the 8to18 website. In August, you will receive an email directing you to your District 99 account where you will make your online payment. The payment is due by September 20th. No refunds will be granted after picture day.

Boys Cross Country: Practice begins 8/8/18 at 7:15 am. Meet in the stadium near the concession stand dressed to run. Contact [Coach Caldwell](#) with questions.

Girls Cross Country: Practice begins 8/8/18 at 7:00 am for all levels. Meet at door #6 and wear running gear. Bring a combination padlock.

There will be an overnight team trip to Camp Wokanda in Chillicothe from 7/26-7/28. Information packets about the trip have been distributed during the summer running camp. If you did not attend camp, but intend to participate in girls cross country season, please email [Coach Plunkett](#) as soon as possible for the camping trip details.

Football:

Varsity

All Varsity football players will meet Coach Molinari in the Little Theatre at 7 AM on Monday, August 6th. Practice will be from 7:00 am to 1:30 pm. Bring helmets, cleats and gym shoes. More calendar info @ www.dgsfootball.com

Sophomore

All Sophomore football players will meet in the Weight room in the basement at 7:30 AM Monday, August 6th. Bring helmets, cleats and gym shoes. Practice will be from 7:30 to 11:30, Monday thru Saturday. More calendar info @ www.dgsfootball.com

Freshmen

All incoming Freshmen football players will meet in the Weight room in the basement at 8:00 AM Monday, August 6th. Bring cleats and gym shoes. Practice will be from 8:00 am to 12:00 pm, Monday thru Saturday. More calendar info @ www.dgsfootball.com

Boys Golf: Start date for both levels is Monday, August 6. On this day, varsity will be at Village Greens and the sophomore level (freshmen and sophomores) will be at Green Meadows. Tee times will be available when confirmed by the courses. Tee times will be announced via DSGoysGolf Twitter account. Each golfer will pay his own green fees during tryout days. Coaches will give the complete tryout schedule on the first day. All freshmen and sophomores trying out for golf are strongly encouraged to attend an organizational meeting on Saturday, August 4 at 8:00 a.m. in the DGS Cafetorium to explain expectations and answer any questions. Parents are welcome to attend. This meeting will last about 45 minutes. Contact Coach Tiesman at ttesman@csd99.org with any questions.

Girls Golf: Tryouts for both levels is August 6th with tryouts at Downers Grove Park District (Downers Grove Golf Club - 2420 Haddow Ave, Downers Grove, IL 60515.) The times for the first three days are- Monday Aug. 6th-10:30 am, Tuesday Aug. 7th- 10:30 am, Wednesday Aug. 8th- 11:45 am. Each golfer will pay her own green fees during tryouts (generally around \$18.00) All golfers need to come on August 6th with their own golf clubs (14 club limit), golf bag, golf balls, tees, ball marker and ball mark repair tool. Other equipment such as golf shoes, hat, umbrella and golf glove are encouraged. Golfers must check the weather forecast each day. Golfers will be walking the 9 holes or at the range so please plan accordingly. Our first practice as a team will be Aug. 10th at 9 am. Contact [Coach DeGiulio](#) with questions.

Boys Soccer: Tryouts begin August 8th for all levels. All levels meet in the stadium—east (visitor) stands at 8:00 am. Wear soccer gear including shin guards. Also, bring running shoes and a water bottle. Contact [Coach Stapleton](#) with questions.

Girls Swim and Dive: Practice begins August 13th for all levels at 7:00 am in the DGS pool. ALL SWIMMERS grades 10, 11, 12 must meet the following minimum requirements to make the team. Be able to swim 100 Free under a 1:10.00, complete 15 x 100 on the 1:35. ALL DIVERS grades 10, 11, 12 must have a full list of dives. Please contact Swimmers Edge for team suits and equipment at 630-935-2334. Good Luck! Contact [Coach Krick](#) with questions.

Girls Tennis: Tryouts for varsity begin August 8th at 8:00 am at the tennis courts at DGS. JV and all others being August 13th at 8 am. Dress to play tennis and bring a water bottle. Contact [Coach Forst](#) with questions.

Girls Volleyball: Tryouts begin August 8th. 9/10 graders report to the field house at 8:00 am and 11/12 graders report to the main gym at 9:00 am. Wear work out gear and don't forget knee pads and a water bottle. Contact [Coach Conrad](#) with questions.