

# 2019-2020 GCHS ATHLETIC OPPORTUNITIES FOR YOU!

## FALL

Men's & Women's Cross Country	1 <sup>st</sup> practice	August 5, 2019
Football	1 <sup>st</sup> practice	August 5, 2019
Women's Golf	1 <sup>st</sup> practice	August 2, 2019
Men's & Women's Soccer	1 <sup>st</sup> practice	August 5, 2019
Men's Tennis	1 <sup>st</sup> practice	August 5, 2019
Volleyball	1 <sup>st</sup> practice	August 5, 2019

## WINTER

Men's Basketball	1 <sup>st</sup> practice	November 11, 2019
Women's Basketball	1 <sup>st</sup> practice	October 21, 2019
Men's Swimming & Diving	1 <sup>st</sup> practice	November 11, 2019
Women's Swimming & Diving	1 <sup>st</sup> practice	October 28, 2019
Wrestling	1 <sup>st</sup> practice	November 4, 2019

## SPRING

Baseball	1 <sup>st</sup> practice	March 16, 2020
Men's Golf	1 <sup>st</sup> practice	March 16, 2020
Softball	1 <sup>st</sup> practice	March 9, 2020
Women's Tennis	1 <sup>st</sup> practice	March 16, 2020
Men's & Women's Track & Field	1 <sup>st</sup> practice	February 17, 2020

GCHS also offers opportunities in Student Athletic Training. You may contact Certified Athletic Trainer Ryan Galloy at 462-9195, ext. 5 for more information.

All incoming 6 - 12<sup>th</sup> grade potential athletes must have **ALL** required athletic paperwork on file in their school's Athletic Office prior to conditioning/tryouts for their 1<sup>st</sup> sport. Pre-Participation Physicals for the 2019-2020 school year must be dated after April 1, 2019.

To access the IHSAA Pre-Participation Physical please visit the High School Athletic webpage ([gchscougars.com](http://gchscougars.com)), hover over the "MORE" tab, in the dropdown select Athletic Paperwork located under Required Athletic Paperwork, click on IHSAA Physical 2019-2020 to download and print the 4-page IHSAA Pre-Participation Exam-2017 to take to your doctor. **Please put your student's full legal name, the 2019-2020 grade level, and completely fill out pages 1 & 4.** The doctor must completely fill out page two. Once completed please turn it into the appropriate athletic office.

**Effective May 20, 2019, please complete RankOne for the 2019-2020 school year.** To complete your student's on-line forms, click on the RankOne link found under the Athletics Tab on the high school website. Then, using your student's PowerSchool ID number, select Electronic Participation Forms (not Login) and complete the rest of your student's required paperwork. Once you have completed all steps in this paragraph, your student may condition/tryout for a sport.

**\*\*All 2019-2020 physicals and online forms will expire June 1, 2020  
no matter when physicals were given.\*\***

**Fees will be due as soon as your athlete is on the roster of the sport(s) they will be playing. Fees will be considered past due and non-participation will take place on the day of the 1<sup>st</sup> competition against another school, i.e. scrimmage or game.**