



VERNON HILLS HIGH SCHOOL ATHLETIC DEPARTMENT

Fall 2025 Sport Tryout/Start Date Information

To participate in a sport, you must have a current physical on file with the Athletic Department office. Bring it directly to the Athletic Department Office. Athletic Department office hours in the summer are 8:00 am to 4:00 pm Monday through Thursday. Get it turned in early to avoid delays in your tryouts.

Sport	Level	Coach	Date	Time	Location	Notes
Cheer	All	Coach Dosch				Tryouts completed in the Spring - To request a late tryout, please contact Coach Dosch - jenifer.dosch@d128.org
Boys Cross Country	Varsity Only	Coach Szabo	8/11/25	3:30 pm	Meet at the East Doors - Near the Weight Room	Varsity Athletes will be notified directly by Coach Szabo
Boys Cross Country	JV	Coach Szabo	8/13/25	3:30 pm	Meet at the East Doors - Near the Weight Room	
Girls Cross Country	Varsity	Coach Wolf	8/11/25	3:30 pm	VHHS Track/Stadium	
Girls Cross Country	JV	Coach Wolf	8/13/25	3:30 pm	VHHS Track/Stadium	
Dance	All	Coach Shapiro				Tryouts completed in the Spring - To request a late tryout, please contact Coach Shapiro - erin.shapiro@d128.org
Flag Football	All	Coach Nardini	8/11/25	3:30 pm	Stadium	
Football	Varsity	Coach Bellecomo	8/11/25	3:45 pm	West Football Field	
Football	F/S	Coach Peterson	8/11/25	3:45 pm	West Football Field	
Boys Golf	All	Coach Healey	8/11/25	V & JV - 4:00 pm	White Deer Run	Tryout Meeting on 8/8/25 for all levels at 3:30 pm in room 0209
Girls Golf	All	Coach Downey	8/11/25	3:45 pm	Pine Meadow Range	
Boys Soccer	All	Coach McCaulou	8/11/25	3:45 pm	Stadium and North and West Soccer Fields	
Girls Swim/Dive	All	Coach Block	8/11/25	3:30 pm	Pool	We will swim and dive on day one. Please bring a suit and towel.
Girls Tennis	Grade 9-10	Coach Gerber	8/11/25	3:45 pm	Tennis Courts	
Girls Tennis	11-12 Grade	Coach Gerber	8/12/25	3:45 pm	Tennis Courts	

Girls Tennis	All Grades	Coach Gerber	8/13/25	3:45 pm	Tennis Courts	
Girls Volleyball	All	Coach Spiglanin	8/11/25	3:30 pm	Main Gym	<p>Appropriate Attire: Wear comfortable athletic clothing suitable for volleyball, such as shorts, T-shirt, and athletic shoes. Avoid any jewelry or accessories that could interfere with playing.</p> <p>Water Bottle: Staying hydrated is crucial during tryouts, so bring a refillable water bottle to keep you hydrated throughout the session.</p> <p>Knee Pads: Some players prefer knee pads for extra protection during dives and slides. If you have them, bring them along.</p>