

WELCOME TO BELVIDERE NORTH HIGH SCHOOL

This pamphlet has been prepared to provide students and parents with information regarding our interscholastic sports programs. This information should answer many of your questions regarding our athletic programs. Please feel free to contact us for any further information at the BNHS athletic office at 547-3884 prior to June 1 or after August 1, 2009.

NIC-10 CONFERENCE

Belvidere is a member of the Northern Illinois Conference. Members include: Rockford Auburn, Belvidere, Belvidere North, Rockford Boylan, Rockford East, Freeport, Rockford Guilford, Machesney Park Harlem, Rockton Hononegah and Rockford Jefferson.

INTERSCHOLASTIC ATHLETICS

Interscholastic athletics are offered for the more serious minded and dedicated athlete. These teams compete against other schools. Athletes are expected to attend all daily practices, games and meets. The following is a list of interscholastic (IHSA sponsored) sports in which we compete, their respective seasons and official starting dates and sports where "cuts" occur.

FALL SPORTS

| <u>Sport</u> | <u>Start Date</u> | <u>Cut</u> |
|-----------------------|-------------------|------------|
| Cross Country - Boys | 8/12 | No |
| Cross Country - Girls | 8/12 | No |
| Football | 8/12 | No |
| Golf - Boys | 8/12 | Yes |
| Golf -Girls | 8/12 | Yes |
| Soccer - Boys | 8/12 | Yes |

| <u>Sport</u> | <u>Start Date</u> | <u>Cut</u> |
|---------------------------|-------------------|------------|
| Tennis - Girls | 8/12 | Yes |
| Volleyball | 8/12 | Yes |
| Swimming & Diving - Girls | 8/12 | Yes |
| Cheerleading | 8/12 | Yes |
| Pom-Poms | 8/12 | Yes |

WINTER SPORTS

| <u>Sport</u> | <u>Start Date</u> | <u>Cut</u> |
|----------------------------|-------------------|------------|
| Basketball – Girls | 11/02 | Yes |
| Basketball – Boys | 11/09 | Yes |
| Wrestling | 11/09 | No |
| Swimming & Diving - Boys | 11/23 | Yes |
| Bowling - Girls | 11/10 | Yes |
| Bowling - Boys | 10/27 | Yes |
| Cheerleading (Competitive) | 11/05 | Yes |
| Dance (Competitive) | 11/05 | Yes |

SPRING SPORTS

| <u>Sport</u> | <u>Start Date</u> | <u>Cut</u> |
|-----------------------|-------------------|------------|
| Softball – Girls | 3/01 | Yes |
| Soccer - Girls | 3/01 | Yes |
| Baseball - Boys | 3/01 | Yes |
| Tennis – Boys | 3/01 | Yes |
| Track & Field - Boys | 1/18 | No |
| Track & Field – Girls | 1/18 | No |
| Lacrosse - Coed | 3/01 | Yes |

BELVIDERE BLUE THUNDER BOOSTERS

The purpose of this organization is to support and encourage participation in sporting activities; expand and perpetuate interest in all school sponsored sports; encourage the spirit of good sportsmanship and fellowship; and create a bond between personnel, players and parents to improve and support athletic programs. One of the primary functions of the booster club has been to organize and run a variety of fundraisers and service programs that will benefit the athletic program.

We are committed to helping provide the very best athletic program in the state and we need parent involvement to do it. Help us continue to strive for excellence in our athletic program.

BE A BLUE THUNDER BOOSTER!

PARTICIPATION REQUIREMENTS

Students who choose to tryout for and compete on interscholastic teams must obtain an Athletic Permit Card PRIOR TO TRYOUTS OR SEASON PRACTICES. This card allows a student to participate for the current season or until his/her physical date expires.

The items listed below need to be completed and turned in to obtain an Athletic Permit Card:

1. Physical dated within the last year;
2. Completed Athletic Release form; and
3. Payment of an athletic fee.

All athletic registration materials were included with the spring school registration packets for the 09-10 school year. Athletic permit cards can be obtained after August 3rd in the Athletic Office or at the mandatory parent/athlete pre-season meeting. Additional packets will be available in the Main Office throughout the summer and in the Athletic Office after August 1st.

PHYSICALS

We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physicals in June, July or August. Exams are valid for one (1) year from the date of the exam. Getting the exam during these months avoids ineligibility issues related to expired physicals.

ATHLETIC FEES

An athletic fee will be assessed per sport and must be paid **prior** to any participation.

Fees: 1st Sport - \$100.00
2nd Sport - \$ 75.00
3rd Sport - free

