Top 10 Things OPRF Student-Athletes (and Parents) MUST KNOW

10. Registration for ALL sports teams must be done in person in the Athletic Office. Fall sports registration begins on July 5th. During the summer we are open Monday-Friday from 7:30 AM – 3:00 PM. Do not mail in forms or leave at the Welcome Center.

9. The OPRFHS Athletic website is http://il.8to18.com/oprf. Sports schedules and results for every level of every sport can be found there, as well as important announcements.

8. OPRFHS has 30 sports programs and 90 different team levels to choose from throughout the school year. We encourage you to participate in a sport for each season.

7. OPRF Student-Athletes are leaders and are expected to follow the Athletic Code of Conduct, which details expectations for conduct in-school and out of school. Possession or use of alcohol, drugs or tobacco is not allowed. Read the Code of Conduct before signing the Athletic Participation Form.

6. BOOSTER MEMBERSHIP provides you with free admission to all regular season contests at OPRFHS. Booster passes will be available for purchase at HOME football games, and in the bookstore.

5. The best time to get your annual physical exam is after May 1st. That way it will never expire in the middle of your season.

4. Multiple sport participation helps decrease the likelihood of injuries, reduces burnout, exposes kids to a wider variety of teammates, broadens athletic skills and is very appealing to many college coaches looking to recruit athletes!

3. Students do better in school when they are playing a sport. When in-season, student athletes tend to be more focused and have better time management skills. Athlete’s grades are also monitored on a weekly basis.

2. All student athletes will be required to pay a $55.00 athletic participation fee for each sport they participate in. The fee is payable ONLY after the tryouts are completed and the student has made the team. Parents and athletes will attend MANDATORY team and athletic department meetings at the beginning of each sport season.

1. OAK PARK RIVER FOREST HIGH SCHOOL ranks 3rd in the state of Illinois with 50 IHSA State Championships, and averages 40 student athletes per graduating class that go on to participate in athletics at the collegiate level.