

# *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 5<sup>th</sup>.** 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 1<sup>st</sup>. 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!

Reference: Dale Greg. (2005) The Fulfilling Ride: A Parent's Guide to Helping Athletes Have a Successful Sport Experience. 1-90

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 3<sup>rd</sup> 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.