

Marist High School Spring Sports Tryout Information

Pre-Tryout Requirements

The following must be completed *before* a student can participate in tryouts.

1. Physical Requirements Students must have a current physical on file at Marist to try out.

- Exams must be signed by a licensed physician, physician assistant, or nurse practitioner.
- Physicals are valid for 395 days from the date of the exam.
- You can download the IHSA physical form here: [Marist Athletic Physical Form](#)

Note for Incoming Freshmen: The physical submitted for school enrollment will be accepted for athletic participation, as long as it is current. A new sports physical is not required until the original expires.

Completed Sports Physicals: Please email completed sports physical forms to sportsphysicals@marist.net or drop them off in the Marist athletic office.

2. Athletic Registration All students must be registered on our athletics platform prior to trying out. Please use the link below to register for your winter sport: <https://marist.8to18.com/>

Athletic Fee Information

All student-athletes participating in an IHSA-sanctioned sport are subject to a one-time **\$200 Athletic Fee**.

- This fee is charged only **once per school year**, regardless of how many sports a student plays.
- It will be added to tuition for all rostered student-athletes once they make a team.
- Funds help support our 30+ athletic programs in the areas of coaching, recruitment and retention, facility upgrades, transportation, and certified training coverage.

We appreciate your support of Marist Athletics and look forward to a fantastic winter season!

Go RedHawks!

Sincerely,

The Marist High School Athletic Department



Marist High School Spring Sports Tryout Information

Softball

Freshman & Sophomores

Days/Dates: Mon. 2/23, Weds. 2/25, & Thurs 2/26
Time: 3:30pm - 5:30pm

Varsity

Days/Dates: Tues. 2/24, Weds. 2/25, & Thurs 2/26
Time: Tues. 5:30pm- 8pm / Weds. & Thurs 3:30pm - 5:30pm

Pitchers & Catchers (All Levels)

Days/Dates: Monday February 23
Time: 4:30pm - 5:30pm

Location For All Tryouts: Marist Sportsplex (12221 S Ridgeland Ave, Palos Heights, IL, 60463)

Head Coach Phelan: phelan.colleen@marist.net

Baseball

Freshman & Sophomores

Days/Dates: Mon. 3/2 & Tues. 3/3
Time: 5:15pm - 7:15pm

Juniors & Seniors

Days/Dates: Mon. 3/2 & Tues. 3/3
Time: 6am - 7:30am

Location For All Tryouts: Marist Sportsplex (12221 S Ridgeland Ave, Palos Heights, IL, 60463)

Head Coach Sefcik: sefcik.kevin@marist.net

Boys Tennis (All Levels)

Days/Dates: Mon. 3/2 & Tues. 3/3
Time: 3:10pm - 5pm
Location: Marist Tennis Courts

Coach Burns: burns.brian@marist.net

Bring a tennis racket, warm clothing, and a water bottle. Dress in layers.

Boys Rugby (All Levels)

Days/Dates: Mon. 3/2 & Tues. 3/3
Time: 3pm - 4:30pm
Location: Monday on Stadium / Tuesday Grass next to Stadium
Coach Drousias: drousias.jim@marist.net

Check in 10 minutes beforehand. Bring water and gym shoes

Girls Soccer (All Levels)

Days/Dates: Mon. 3/2 & Tues. 3/3

Time: 3 - 5pm

Location: Monday Grass Soccer Field / Tuesday Red & White Stadium

Coach Roe: roe.chris@marist.net

Girls Lacrosse

Varsity Days/Dates: Mon. 3/2 & Tues. 3/3

JV Days/Dates: Weds. 3/4 & Thurs. 3/5

Fresh Days/Dates: Fri. 3/6 & Sat. 3/7

Times: 4:30pm - 6pm / Saturday (Fresh Only) 10am - 12pm

Location: Red & White Stadium

Coach Colon: colon.jose@marist.net

Participants need a stick, goggles, cleats, and mouthguard

Boys Lacrosse (All Levels)

Days/Dates: Mon. 3/2 & Tues. 3/3

Time: 6pm - 8pm

Location: Red & White Stadium

Coach Collins: Collins.Chaas@marist.net

Dress warm and bring all lacrosse gear

Girls Rugby (All Levels)

Days/Dates: Mon. 3/2 - Thurs. 3/5

Times: 3pm - 5pm

Location: Grass next to Stadium (Green Pad)

Coach Larson: l Larson.lani@marist.net

Boys Volleyball

Days/Dates: Mon. 3/9 & Tues. 3/10

Times: Freshman 3pm - 5pm / Sophs, Jrs, Snrs 5pm - 7:30pm

Location: Meet outside Main Gym

Coach Vidovic: vidovic.jordan@marist.net

**Check in 10 minutes beforehand. Bring water and gym shoes*