

Attention: Grosse Pointe North Student Athletes

As we all work our way through the uncertainty with the Coronavirus, we want to let you know what is needed to participate in sports this upcoming school year.

TENTATIVE - Winter Sports Tryouts: Winter sports, as of now, will begin as follows.

October 25th - Dance - Appointment Required – Email coachlesliegenest@yahoo.com for a tryout.

November 2nd - Gymnastics – 7 PM – 9 PM Monday – Thursday @ (Hunt's Gymnastics Academy)

November 2nd – Boys Ice Hockey - 4:15 – 5:30 p.m. – (Fraser Hockeyland)

November 2nd – Girls Ice Hockey – 5 PM – 6 PM on Nov 2nd and Nov 5th also Nov 4th from 4 PM - 5 PM – Eastside Hockey Rink (ESH)

November 9th – Girls Basketball - 3:20 – 6:00 p.m. - Gymnasium (All Levels) – November 9th, 10th, 11th

November 9th – Competitive Cheer – Nov 9th and 10th – Workshop 4 PM-6 PM (Cafeteria) and Nov 11th – Tryouts – 5 PM (Cafeteria)

November 11th – Figure Skating - 3:45 – 4:45 p.m. St. Clair Shores Ice Arena

November 16th – Boys Basketball - 6:00-6:30 PM (Freshmen) 6:30-7:00 PM (JV) 7:00-7:30 PM (Varsity) Gymnasium – November 16th

November 16th – Wrestling – 3:30 – 5:30 p.m. – Upper Gymnasium

November 23rd – Boys Swim and Dive – 3:30 p.m. – Swimming Pool

November 23rd – Synchronized Swim – November 9th Conditioning on North Track @ 3:30 PM. Tryouts November 23rd @ GP South – TBD

We are still waiting for further information and guidelines from the State of Michigan along with the MHSAA concerning Winter sports. We will continue to communicate any procedures or protocol that we need to adhere to in order to keep everyone safe. For tentative tryout information, click on “Winter Tryout Schedules” under “Quick Links”.

Physical vs. Health Questionnaire:

The MHSAA is allowing athletes who received a valid sports physical during the 2019-20 school year (one completed on or after April 15, 2019) to fill out a **Health Questionnaire** in lieu of a physical for the current school year. This form can be found on the Grosse Pointe North Athletic site under “Quick Links”.

If you did not receive a physical in the 2019-2020 school, you **MUST** complete the **MHSAA physical form** and have it signed and stamped by your healthcare provider. This would be dated on or after April 15, 2020. This form can be found on the Grosse Pointe North Athletic site under “Quick Links”.

Emergency Gold Card: The Emergency “Gold Card” **MUST** be filled out by the parent or guardian. This form has important medical information and contact numbers for our coaches and trainer to access if needed. This form can be found on the Grosse Pointe North Athletic site under “Quick Links”.

In order to participate in a sport at Grosse Pointe North all athletes must complete a **Health Questionnaire** or a **current Physical** along with the **Gold Card**. All forms **MUST** be approved by the athletic office prior to tryouts. If you already participated in a sport this school year the athletic office will have your gold card. Contact us so we can get this to your coach. If this is your first sport of the school year you must have a physical and stamped gold card to tryout. All athletes trying out for a winter sport must hand the coach their stamped gold card in order to participate the first day of tryouts. No exceptions! If you have questions about any of this information contact the athletic office.

IMPORTANT: A stamped Emergency “Gold Card” **MUST** be presented to the coach before **ANY** athlete can participate in tryouts. **NO EXCEPTIONS!**

Thank you for your patience as we all navigate through this new process.