



GPN Sports

Welcome to North!

Inside you'll find:

Contact information for all coaches

Information on many of the sports offered at GPN
Including summer camps, conditioning and try-outs

Sports physical dates & locations at GPN & other local schools

ATHLETIC DIRECTOR	Michelle Davis	Davism@gpschools.org	313-432-3255
ATHLETIC SECRETARY	Teresa Bennett	Bennett@gpschools.org	313-432-3217
ATHLETIC TRAINER	Brigette Scarber	Scarbeb@gpschools.org	313-432-3384
SUMMER CAMP DIRECTOR	Jonathan Byrne	Byrnej@gpschools.org	313-432-5366

Visit our website under “ATHLETICS” on North’s homepage

NORSEMEN STAFF

FALL Coaching Staff

VARSITY CHEERLEADING	Kristina Kaiser	KaiserK@gpschools.org
GIRLS CROSS COUNTRY	Scott Cooper	coopers@gpschools.org
BOYS CROSS COUNTRY	Diane Montgomery	montgod@gpschools.org
VARSITY FIELD HOCKEY	Sara Gentile	GentilS@gpschools.org
JV FIELD HOCKEY	Johanna Wiggins-Fraley	FraleyJ@gpschools.org
FOOTBALL- VARSITY	Joe Drouin	drouinj@gpschools.org
FOOTBALL - JV	Steve Plieth	PliethSt@gpschools.org
FOOTBALL - FRESHMAN		
GIRLS GOLF	Greg Norman	NormanG@gpschools.org
GIRLS SWIM	Chris Trepanowski	Trepanc@gpschools.org
GIRLS DIVE	Tom Mulhern	MulherT@gpschools.org
SOCCER - VARSITY BOYS	Brad VandeVorde	VandevB@gpschools.org
SOCCER - JV	Marty Shearer	SheareM@gpschools.org
SOCCER - JVB	Nathan Steinkampf	SteinkN@gpschools.org
TENNIS - VARSITY BOYS	John Vanalst	VanalsJ@gpschools.org
TENNIS - JV BOYS	Marlon Leone	LeoneM@gpschools.org
VOLLEYBALL - VARSITY	Chelsea Brozo	BrozoCh@gpschools.org
VOLLEYBALL - JV	Paula Dietz	DietzP@gpschools.org
VOLLEYBALL - FRESHMAN	Liz Lazaris-Kraemer	Kraemel@gpschools.org

WINTER Coaching Staff

BOYS VARSITY BASKETBALL	Rob Johnson	johnsor@gpschools.org
BOYS JV BASKETBALL	Taiwan Wiggins	WigginT@gpschools.org
BOYS FRESHMAN BASKETBALL	Fyrst Forrest	ForresF@gpschools.org
GIRLS VARSITY BASKETBALL	Gary Bennett	bennetg@gpschools.org
GIRLS JV BASKETBALL	James Winowiecki	winowij@gpschools.org
COMPETITIVE CHEER	Kristina Kaiser	KaiserK@gpschools.org
DANCE	Leslie Genest	GenestL@gpschools.org
FIGURE SKATING	Claire LaDue	LaDueC@gpschools.org
GYMNASTICS	Izzy Nguyen	NguyenI@gpschools.org
ICE HOCKEY - BOYS	Robert Blum	BlumR@gpschools.org
ICE HOCKEY - GIRLS	Casey Quick	QuickC@gpschools.org
BOYS SWIM	Kyle Kinyon	KinyonK@gpschools.org
BOYS DIVE	Tom Mulhern	MulherT@gpschools.org
SYNCHRONIZED SWIM	Lisa Aouad	aouadl@gpschools.org
WRESTLING	Jaron Nelson	NelsonJ@gpschools.org

SPRING Coaching Staff

BASEBALL - VARSITY	Kevin Shubnell	shubnek@gpschools.org
BASEBALL - JV	Dennis Pascoe	pascoed@gpschools.org
BASEBALL - FRESHMAN	Phil Kozlowski	kozlowp@gpschools.org
CREW		
CREW - BOYS	Eric Dilworth	DilworE@gpschools.org
CREW - GIRLS	Mike Gentile	GentilM@gpschools.org
GOLF - BOYS	James Hansinger	HansinJ@gpschools.org
LACROSSE - VARSITY BOYS	Mark Seppala	SeppalM@gpschools.org
LACROSSE - VARSITY GIRLS	Elle D'Angelo	DangeLE@gpschools.org
LACROSSE - JV GIRLS	Emily Turnbull	TurnbuE@gpschools.org
SAILING	Dan Klaasen	KlaaseD@gpschools.org
SOCCER - VARSITY GIRLS	Olivia Dallaire	DallaiO@gpschools.org
SOCCER - JV GIRLS	Marty Shearer	SheareM@gpschools.org
SOFTBALL - VARSITY	Ron Smith	SmithRon@gpschools.org
SOFTBALL - JV	Amy Zaranek	GaidisA@gpschools.org
TENNIS - VARSITY GIRLS	John Vanalst	VanalsJ@gpschools.org
TENNIS - JV GIRLS	Sebastien Foka	FokaS@gpschools.org
TRACK - BOYS	Eric Eplin	EplinE@gpschools.org
TRACK - GIRLS	Diane Montgomery	montgod@gpschools.org

**ATHLETIC OPPORTUNITIES 2022-2023
GROSSE POINTE NORTH**

SEASON / COACH	SPORT	STARTS
FALL		
Diane Montgomery	BOYS CROSS COUNTRY	AUGUST 8
Joe Drouin	BOYS FOOTBALL*	AUGUST 8
Brad VandeVorde	BOYS SOCCER+.	AUGUST 8
John VanAlst	BOYS TENNIS+.	AUGUST 8
Kristina Kaiser	GIRLS CHEER+• (Spring Tryouts)	AUGUST 8
Scott Cooper	GIRLS CROSS COUNTRY	AUGUST 8
Sara Gentile	GIRLS FIELD HOCKEY+.	AUGUST 8
Greg Normand	GIRLS GOLF+	AUGUST 8
Chris Trepanowski Tom Mulhern - Dive	GIRLS SWIMMING / DIVING	AUGUST 8
Chelsea Brozo	GIRLS VOLLEYBALL*+	AUGUST 8
WINTER		
Rob Johnson	BOYS BASKETBALL*+	NOVEMBER 21
Rob Blum	BOYS ICE HOCKEY+	OCTOBER 31
Kyle Kinyon Tom Mulhern - Dive	BOYS SWIMMING / DIVING	NOVEMBER 21
Ja’Ron Nelson	BOYS WRESTLING	NOVEMBER 14
Gary Bennett	GIRLS BASKETBALL +.	NOVEMBER 14
Kristina Kaiser	GIRLS COMP. CHEER +	NOVEMBER 7
Isabelle Nguyen	GIRLS GYMNASTICS	OCTOBER 31
Casey Quick	GIRLS HOCKEY+	OCTOBER 31
Lisa Aouad	GIRLS SYNCHRONIZED SWIMMING	NOVEMBER 21
Leslie Genest	CO-ED DANCE +	TBA
Claire LaDue	CO-ED FIGURE SKATING	TBA
SPRING		
Kevin Shubnell	BOYS BASEBALL*+	MARCH 13
James Hansinger	BOYS GOLF+	MARCH 13
Mark Seppala	BOYS LACROSSE+.	MARCH 13
Eric Eplin	BOYS TRACK	MARCH 13
Elle D’Angelo	GIRLS LACROSSE+.	MARCH 13
Olivia Dallaire	GIRLS SOCCER +.	MARCH 13
Ron Smith	GIRLS SOFTBALL+.	MARCH 13
John VanAlst	GIRLS TENNIS+.	MARCH 13
Diane Montgomery	GIRLS TRACK	MARCH 13
Eric Dilworth/Mike Gentile Dan Klaasen	CO-ED CREW CO-ED SAILING	MARCH 13 TBA

- * Separate 9th grade teams. All others are junior varsity teams consisting of 9th and 10th graders.
- JV TEAMS COULD CONSIST OF 9th, 10th AND 11th GRADERS
- + CUTS ARE EITHER NECESSARY OR POSSIBLE DEPENDING ON INTEREST

SHOULD YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE ATHLETIC OFFICE AT 313.432.3216.

GROSSE POINTE NORTH SUMMER CAMPS

Girls Basketball

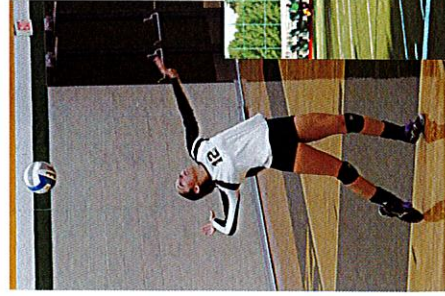
Grosse Pointe North Gyms
Camp Dates: June 19th-23rd
Eligibility: 7:30am-10am for students entering 9th-12th grades
 10am-12pm for students entering 3rd-8th grades
Camp Director: Gary Bennett—North Varsity Basketball Coach
Camp Focus: This camp will focus on competitive drills aimed at developing fundamental basketball skills.
Required Equipment: Shorts, t-shirt, gym shoes.
Camp fee for Girls Basketball is \$130.

Soccer

Grosse Pointe North Grass Field
Camp Dates: June 19th-23rd
Eligibility: 10am-12pm for students entering 3rd-7th grades
 4pm-6pm for students entering 8th-12th grades
Camp Director: Brad VandeVorde — North Varsity Soccer Coach
Camp Focus: This camp will focus on drills aimed to develop general soccer skills and knowledge of game strategy.
Required Equipment: Shorts, t-shirt, cleats, shin guards.
Camp fee for Soccer is \$150.

Field Hockey

Grosse Pointe North Football Field
Camp Dates: June 19th-21st
Eligibility: 4-6pm for girls entering 5th-12th grades
Camp Director: Sara Gentile—North Varsity Field Hockey Coach
Camp Focus: This camp will focus on drills aimed to develop field hockey skills, passing, scoring, and strategy.
Required Equipment: Shorts, t-shirt, cleats, shin guards, field hockey stick, and mouth guard.
Camp fee for Field Hockey is \$105.



Girls Lacrosse

Grosse Pointe North Football Field
Camp Dates: June 19th-23rd
Eligibility: 12pm-2pm for girls entering 5th-12th grades
Camp Director: Elle D'Angelo—North Varsity Lacrosse Coach
Camp Focus: This camp will focus on drills aimed to develop lacrosse stick handling skills, passing, scoring, and strategy.
Required Equipment: Shorts, t-shirt, cleats, lacrosse stick, goggles, and mouth guard.
Camp fee for Girls Lacrosse is \$130.

Wrestling

Grosse Pointe North Upper Gyms
Camp Dates: June 20th-23rd
Eligibility: 11am-1pm for boys entering 5th-12th grades
Camp Director: JaKon Nelson, North Varsity Wrestling Coach
Camp Focus: The camp will focus on the fundamentals of wrestling through various drills and competitions based on weight class.
Required Equipment: Shorts, t-shirt, wrestling shoes. Please bring a lunch for each day of camp.
Camp fee for Wrestling is \$130.

Boys Basketball

Grosse Pointe North Gyms
Camp Dates: June 26th-29th
Eligibility: 8am-10am for students entering 3rd-8th grades
 11am-1pm for students entering 9th-12 grades
Camp Director: Rob Johnson—North Varsity Basketball Coach
Camp Focus: This camp will focus on competitive drills aimed at developing fundamental basketball skills.
Required Equipment: Shorts, t-shirt, gym shoes.
Camp fee for Boys Basketball is \$130.

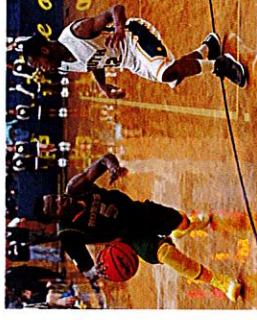


Volleyball

Grosse Pointe North Gyms
Camp Dates: June 26th-29th
Eligibility: 4:00pm-5:30pm for girls entering 3rd-8th grades
 5:30-7:30pm for girls entering 9th-12th grades
Camp Director: Chelsea Brozo—North Varsity Volleyball Coach
Camp Focus: This camp will focus on drills aimed to develop general volleyball skills and knowledge of game strategy.
Required Equipment: Shorts, t-shirt, gym shoes.
Camp fee for Youth Volleyball is \$105 (3rd-8th grades) and for Volleyball is \$130 (9th-12th). Register by June 9th for a free tshirt!

Tennis

Grosse Pointe North Tennis Courts
Camp Dates: June 26th-30th
Eligibility: 4pm-5pm for students entering 2nd-4th grades
 5pm-6:30pm for students entering 5th-8th grades
Camp Director: John VanAlst — North Tennis Coach
Camp Focus: This camp will focus on basic skills including forehands, backhands, serving and net play.
Required Equipment: Shorts, t-shirt, tennis shoes, racquet.
Camp fee is \$105 for Youth Tennis (2nd-4th grades) and \$130 for Tennis (5th-8th grades).



Baseball

Grosse Pointe North Baseball Field
Camp Dates: June 26th-29th
Eligibility: 12:30pm-3:30pm for boys entering 4th-8th grades
Camp Director: Kevin Shubnell, North Varsity Baseball Coach
Camp Focus: This camp will focus on drills aimed to develop basic baseball skills including hitting, fielding, and pitching.
Required Equipment: Glove, bat, cleats (no metal), bat, pants.
Camp fee for Baseball is \$130.



Grosse Pointe North

Why attend Grosse Pointe North Summer Sports Camps?

- * Learn the skills you need to compete in varsity sports
- * All camps are run by varsity coaches
- * A wide range of sports are available
- * Athletic trainers are available to support athletes and coaches
- * Camps are run in a fun and supportive atmosphere
- * Registration is easy
- * Questions? Email us at byrnej@gpschools.org

Visit our website through the North Home Page:

Click on Athletics.

The link is on the right side of the page.



SUMMER SPORTS CAMPS

Non-Profit Organization
U.S. POSTAGE
PAID
St. Clair Shores, Michigan
Permit No. 82

Grosse Pointe North Athletic Camps
707 Vernier Road
Grosse Pointe Woods, MI 48236



Summer Sport
Camps / Clinics

Grosse Pointe North

2023



Register
Online!



SUMMER SPORTS CAMPS

FALL SPORTS



Sideline Cheer * Color Guard
Boys/Girls Cross Country
Girls Field Hockey * Football
Girls Golf * Boys Soccer
Girls Swim/Dive * Boys Tennis
Volleyball

HOME OF THE NORSEMEN

Grosse Pointe North Cheerleading 2023 Sideline Tryouts



Online registration and current physical and stamped gold card **mandatory** in order to try-out.

Workshops and Tryout dates to be announced!

Dates will be announced on Instagram @gpn_cheer

No experience needed!

Learn everything you need to know at workshops!



Registration form can be found in the bio of our Instagram (@gpn_cheer) or by emailing gpncheer@gmail.com



Please direct all questions to Coach Kristina Kaiser

313-999-1617 | kaiserk@gpschools.org

JOIN THE GPN COLOR GUARD!

- **NO EXPERIENCE NEEDED**
- **INFORMATIONAL MEETING
MAY 15TH, 3:45PM @ NORTH
IN THE BAND ROOM**
- **PERFORM AT ALL HOME
FOOTBALL GAMES, SANTA
PARADE, AND BAND-O-RAMA**

Email Coach Pappas for more info
pappasj@gpschools.org

STATE CHAMPIONS—1973 * 1975 * 1976 * 1982
MAC AND REGION CHAMPIONS 2018

GPNXC: TRADITION



BE A PART OF HISTORY

GPNXC—Grosse Pointe North Boys Cross Country is the most storied program in school history. With four state titles, GPNXC has a strong tradition of excellence in producing scholar athletes.

GPNXC—competes in the Macomb Area Conference's RED Division, which includes the toughest competition in the area and consistently competes in the most competitive invationals in the state. GPNXC was MAC Red Champions in 2018. We have qualified as a team to the State Finals in 4 of the last 7 years. In 2018, GPNXC had 4 runners under 16:10 for a 5k.

GPNXC--- maintains one of the highest team GPAs of any sport at North.

GPNXC—emphasizes the love of the sport and teaches young runners about the sport, developing a life-long learning atmosphere. All students of all levels are encouraged and welcomed.

GPNXC—all athletes' accomplishments are celebrated! Award t-shirts and other perks are provided!

Contact Information

Coach— Diane Montgomery

montgod@gpschools.org

Coach- Joe Ciaravino

ciaravi@gpschools.org



THE COACHES—

Diane Montgomery- Head Coach

Diane Montgomery is a native of Walled Lake, Michigan, and has a strong background that includes numerous high school and road racing victories. Coach Montgomery or “Monty” has been with the boys cross country program since 2007 and has been coaching the girls track team since 2004. This will be Montgomery’s 14th year as head coach.

Coach Monty has a strong coaching resume and was a head boys and girls cross country coach in Georgia before coming back to Michigan and Grosse Pointe North. She is also head coach of girls track, 2018-2019 Region Team Champions.

Montgomery is also an avid road racer and participated in the Boston Marathon in April 2010. Of special note, Coach Monty has run a marathon in all fifty states. Montgomery has completed 73 marathons and two 50 mile races. Coach Montgomery taught English at North for 20 years and retired in 2021.

Joe Ciaravino- Asst. Coach

Joe Ciaravino (Coach C) joined the coaching staff in 2010 and made an immediate impact with his expertise and enthusiasm. As a Grosse Pointe North student and runner, Joe was a member of the 1973, 75, and 76 State Champ teams!

Coach Ciaravino is also a math teacher at Parcels Middle School. This key placement means that Coach C is in charge of recruitment for incoming freshmen from Parcels.

Coach Ciaravino also coaches the boys distance runners during track season. In 2018, he coached an outstanding 5 runners to a sub 4:40 time in the 1600 meters (1 mile) and 3 runners to a sub 9:50 time in the 3200 meters (2 mile). In 2019, he has coached 3 runners to a sub 4:30 in the mile and 1 runner to a sub 9:30 in the 2 mile.

What's great about GPNXC? We celebrate all progress! From the #1 runner to the last runner, personal improvement is celebrated and rewarded! You will get a lot out of this program! Our program continues to be one of the most successful sports teams at Grosse Pointe North. We routinely finish in the top of the MAC Red Conference. In 2017, we were MAC Red Champs and runner-up in the entire Macomb Area Conference. In 2018, we were MAC and Region champs. Many of our athletes go on to a collegiate running career.

Interested in Running? What you should do:

Get a physical and gold card (available in the Athletic Office)

Contact the coaches to learn about summer team training led by the captains!

Show up when the season starts (August 8th at 8:30 am)

Contact Coach Ciaravino about getting added to the Remind!

Grosse Pointe North Girls' Cross Country SUMMER INFORMATION 2023



Voted BEST team at
GPN 31 years running,
by Coach Cooper

Coach Cooper 313-300-4154
E-Mail coopercc@comcast.net



Summer runs (not mandatory) begin Monday, June 19. The runs will be held Monday - Friday at 9:00 a.m. Please meet at VERNIER HILL. Corner of Vernier and Lakeshore behind GP Shores Police Station..



OFFICIAL PRACTICE BEGINS MONDAY, AUGUST 7. Practices will be held at GPN at 8:30 – 10:30 a.m. Mon. – Sat.



Important: Physicals will be held at GPN the week before practice. **YOU MUST HAVE A PHYSICAL TO BEGIN PRACTICE ON AUG 7. DON'T PUT IT OFF!!! ASK YOUR PARENTS TO MAKE AN APPOINTMENT TODAY!!!**

Urgent Care is a good option



LETTER POINTS FOR SUMMER MILEAGE: Keep track of summer mileage on your mileage sheet provided. 40 points needed to earn a Varsity Letter. Start earning points in the summer.

Summer mileage adds to your total as follows:

50 miles = 1 pt., 75 = 2, 100 = 4, 125 = 5, 150 = 7, 175 = 8,
200 = 10, 225=11, 250 = 13, 275=14, 300+ = 15

RUNNING WITH THE TEAM THROUGHOUT THE SUMMER IS A GREAT WAY TO GET IN SHAPE BEFORE THE SEASON STARTS, A GREAT WAY TO GET TO KNOW THE WONDERFUL GIRLS ON THE TEAM, AND A GREAT WAY TO KEEP YOURSELF FROM SLEEPING AWAY THE SUMMER. DON'T PUT OFF RUNNING UNTIL just BEFORE THE REGULAR SEASON STARTS.

Team Website: <https://sites.google.com/gpschools.org/gpncc/home>
Or go to: GP North's website, click "Athletics" click "Girls CC" under Team pages

Team Facebook page: <https://www.facebook.com/groups/98866068049/>
Or search "Grosse Pointe North Girls Cross Country" on Facebook

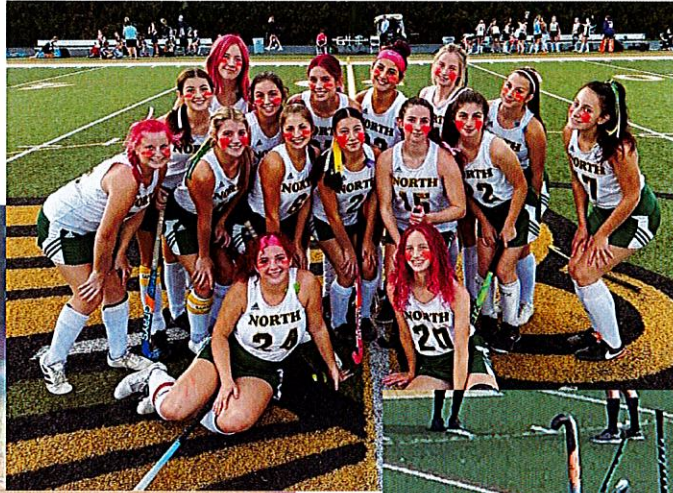
Team Instagram: [coopergpncc](https://www.instagram.com/coopergpncc)



GPN Field Hockey



COME JOIN THE FUN!



Summer Camp: June 19th-21st

Tryouts: August 7th

Updates will be posted to Grosse Pointe North Athletic Website as we have more information

Head Coach: Sara Gentile

Contact: Gentile.Sara26@gmail.com



GROSSE POINTE NORTH HIGH SCHOOL NORSEMEN FOOTBALL

707 Vernier Road - Grosse Pointe Woods - MI - 48236
@GPN_FTBL @GPN_FTBL @GPN_FTBL GROSSE POINTE NORTH FOOTBALL

EQUIPMENT

- I. Players are asked to attend all activities in proper athletic apparel.
 - a. Shirt - preferably green, gold, or black
 - b. Shorts - preferably green or black
 - c. Football Cleats - predominately white
- II. Protective Equipment
 - a. Player Provided
 1. All players are asked to have their own "5 Pad Football Girdle"
 - b. School Provided
 1. Helmets are school property and will be issued during Summer Workouts.
 2. Shoulder pads are school property and will be issued in August.

Apparel with other High School Names and Logos are prohibited at team activities.

OPTIONAL TEAM ACTIVITIES [SUMMER SCHOOL SESSIONS]

- I. Summer Practice and Conditioning Dates
 - a. Summer Practices will run from 6:00pm - 8:00pm
 1. June 19, 22, 26, 29
 2. July 13, 20, 27
- II. Summer 7v7 Competitions
 1. June 27 @ Dakota 6:00pm - 8:00pm (Varsity and Select Players)
 2. July 11 @ GPN vs Royal Oak Shrine 6:00pm - 8:00pm (All Players are invited)
 3. July 12 Linemen Challenge @ Stoney Creek 10:00am-2:00pm (Big Men Only)
 4. July 18 @ Royal Oak Shrine 5:00pm - 7:00pm (All Players are invited)
 5. July 25 @ Henry Ford II 6:00pm - 8:00pm (All Players are invited)

WEIGHT ROOM [STRENGTH AND CONDITIONING]

- I. Coach Pascoe and Coach K will run summer weight training sessions
 - a. The weight room will be open Tuesdays, Wednesdays, and Thursdays
 1. Weight training will run from June 20 until July 27 (No sessions July 3-8)
 2. Sessions will be from 9:30am -11:00am. Please be prompt
 3. Enter the weight room from the side door near the softball field.
 - b. Check our social media for updates

THE SEASON [Let's Go]

- I. Summer Pre-Season
 - a. Starting Monday August 7th, practice will be run from 8:30am - 1:30pm
 1. Practices will be held Monday - Saturday
 2. Players need a completed physical and emergency card before they will be allowed to participate in practice and team events.
 - b. We are expecting to have 3 teams play during the 2023 season
 1. Junior Varsity B
 - i. Team consists of 9th graders and some 10th graders
 2. Junior Varsity A
 - i. Team consists of 10th graders, possibly 11th and 9th graders
 3. Varsity
 - i. Team consists of 12th and 11th graders and possible 10th and 9th graders.

FOR MORE INFORMATION CONTACT COACH DROUIN drouinj@gpschools.org



GROSSE POINTE NORTH WOMEN'S GOLF

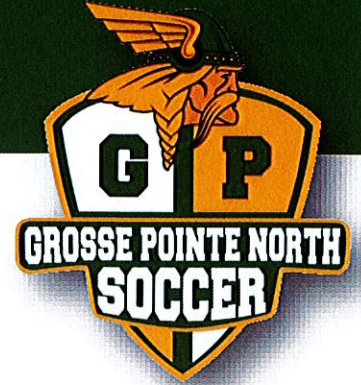
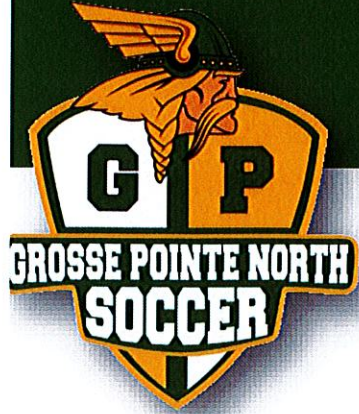
SEASON STARTS MONDAY,
AUGUST 8, 2023

SUMMER PROGRAM BEGINS
JUNE 19, 2023

ALL PLAYERS ARE WELCOME TO JOIN
“WE NEED YOU - COME HAVE FUN”

CONTACT GREG NORMAND HEAD COACH
GNORMAND7@ATT.NET OR CALL 248-425-2849

Grosse Pointe North High School
Boys Soccer
Summer Information 2023



SUMMER WORKOUTS
(VOLUNTARY)

June 26th - July 28th

Mondays, Wednesdays & Fridays 4:00 - 6:00pm

Please NOTE: NO workouts the week of July 3rd

SUMMER CAMP

June 19th - June 23rd

9th - 12th Grade 4pm - 6pm

Register online: www.gpnsoccer/summercamp

PRE-TRYOUT CONDITIONING PROGRAM

July 31 - August 4th 4:00 - 6:00pm

This is a conditioning program to prepare for upcoming tryouts and the regular soccer season. Please bring water and running shoes.

SOCCER TRYOUTS

August 7 - August 9th 4-6pm

Register online: www.gpnsoccer.com/tryouts

LOCATION FOR ALL EVENTS

Guido Regelbrugge Soccer Field

707 Vernier Road, Grosse Pointe Woods, MI 48236

WWW.GPNSOCCER.COM

If you have any questions, please send me an email and I'll be happy to answer them. I look forward to meeting you, **GO NORSEMEN!!**

Varsity Coach | Brad VandeVorde | vandevb@gpschools.org

Grosse Pointe North Girls Swim and Dive 2023

Official Practice Begins Aug 14.
M-F 8-10am @ GPN Pool

Girls Swim and Dive is a Fall sport that runs
from August-November

Physicals- Need to be completed prior to first practice

All levels of swimmers welcome

Come prepared to Work Hard and Get Better

Head Coach- Chris Trepanowski
email with any questions trepanc@gpschools.org



GROSSE POINTE NORTH TENNIS

2023-2024 SEASON

Come and join the rich tradition of Grosse Pointe North Tennis.

Grosse Pointe North Tennis is a great opportunity for proficient and novice players. Everyone is encouraged to join us. Beginners to advanced players have all had a fulfilling and enjoyable seasons participating in Grosse Pointe North Tennis.

The boys tennis teams at GPN are looking for several new ninth grade athletes to join the tennis team at North. There are several graduating players and the teams need to have new players to help fill the rosters at both the JV and Varsity levels.

The North boys tennis team is a program that is traditionally a top team in the state.

Boys tennis is a fall sport that has a season starting prior to the school year beginning, and is completed by the end of October. Joining the tennis team is a great way to meet upper classmen, make new friends and ease the transition to the new year in High School.

The GPN boys tennis team has produced numerous all-conference, all-state, and college players during the past seasons. The short season is packed full of fun, great tennis, and great team chemistry. I hope you are ready to become part of the tradition of one of the most successful teams at GPN.

I highly recommend taking advantage of the summer camps and some lessons to get prepared for the high school season. Feel free to contact me directly for additional information.

**BOYS TENNIS TRYOUTS ARE AT GROSSE POINTE NORTH
STARTING AT 9:00AM EACH DAY FROM AUGUST 7 - AUGUST 9**

JOHN VANALST- VARSITY COACH

313-269-4869

jvanalst@msn.com

GPN GIRLS VOLLEYBALL

**"Your team becomes your FAMILY, the ball becomes your BEST FRIEND,
the court becomes your HOME, and the game becomes your LIFE"**

JOIN US on Facebook @ Grosse Pointe North Volleyball



GPN CAMPS

The camp will focus on drills aimed to develop general volleyball skills and knowledge of the game

When: June 26th - June 29th

Where: Grosse Pointe North High School

Youth Camp Cost: \$105, camp t-shirt included

Youth Camp Time: 4:00-5:30 pm 3rd-8th Grade

High School Camp Cost: \$130, camp t-shirt included

High School Camp Time: 5:30-7:30pm 9th-12th Graders

Register online @ GP Public School System, Parents/Community, Camps or Go to the GPN Athletic Homepage.

TRYOUTS

Athletes are required to be at all 3 days..**August 7th, 8th & 9th**

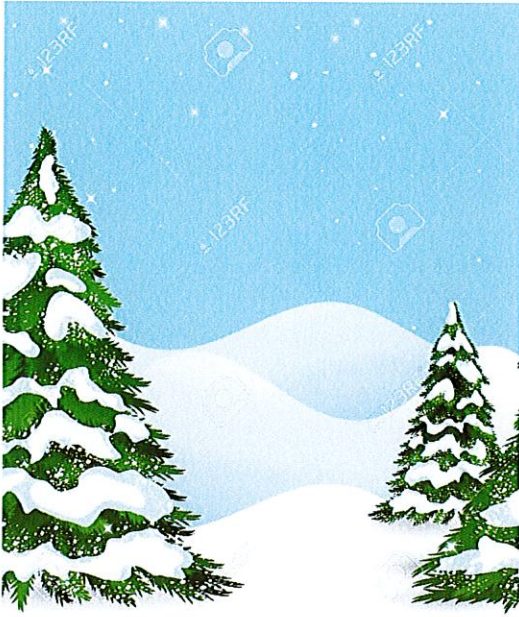
9th and 10th Graders 6:30-8pm



11th and 12th Graders 5:00-6:30pm

Please contact Coach Chelsea Brozo @ BrozoCh@gpschools.org

WINTER SPORTS



Boys/Girls Basketball
Competitive Cheer
Dance * Figure Skating
Gymnastics * Boys Swim/Dive
Boys/Girls Ice Hockey
*** Wrestling * Synchronized Swim**

Grosse Pointe North Boys Basketball



The Boys Basketball Program at Grosse Pointe North is a competitive program that focuses on personal, team, and academic achievements. The staff is led by Varsity Head Coach Rob Johnson.

There are three levels of basketball at GP North: Freshman, Junior Varsity, and Varsity. Hard work and specific sport training are required for athletes to make each team at the high school level. Incoming freshmen are strongly encouraged to sign up for the boys summer camp in June, and will have the chance in the fall to try out and experience what high school basketball is all about.



GIRLS SUMMER **BASKETBALL CLINIC**



Any girl interested in trying out for the 9th, JV or Varsity basketball teams next year should plan on attending our **5 day Girls Basketball Summer Clinic**. This camp is run by the North coaches and will give you an opportunity to familiarize yourself with our drills and our expectations. **Basketball camp begins on Monday, June 19th and concludes on Friday, June 23rd. It runs daily from 7:30 am - 10:00 am and will be held in the Grosse Pointe North gym. The cost is \$130 per person.**

During this camp additional information will be handed out regarding any summer scrimmages that we may participate in.

Information for North's Athletic Camps is available online. Go to the North Homepage under the Athletics tab and look for Summer Camp Registration.

If you need more information please contact either:

Gary Bennett
Head Coach
bennetg@gpschools.org

or

Teresa Bennett
Athletic Secretary
bennett@gpschools.org
432-3217



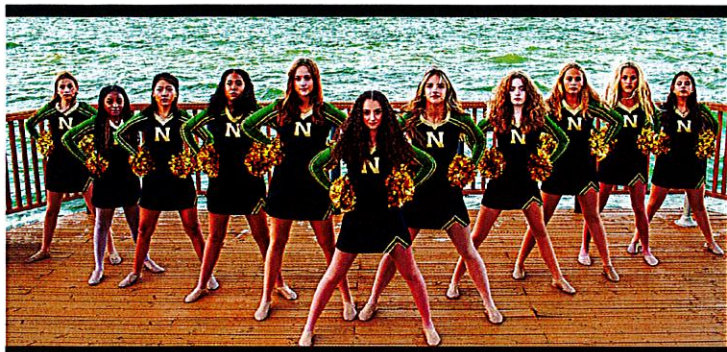
Girls Basketball is a winter sport. **Tryouts for all three levels will begin on Monday, November 20th at 3:25 p.m. in the gymnasium.**

An informational meeting regarding tryouts will be held in late October. Signs announcing this meeting will be posted in the halls and information regarding this meeting will be aired in the daily announcements. Make sure you don't miss this meeting!

***** IMPORTANT *****

A medical Physical Form, filled out by a doctor, must be on file in order for you to be able to tryout/practice in November. For your convenience, physicals will be administered through the North Athletic Department in early August (time and location still to be determined – check online). A "Gold Card" form, signed by your parents, is also required for participation at tryouts/practice. Both the Gold Card and the Physical Form can be picked up from the Athletic Office at North now thru November.

GROSSE POINTE NORTH HIGH SCHOOL



COMPETITION dance team TRYOUTS



DETAILS

Tryouts will be held at the Grosse Pointe North Main Gym on:

- Tuesday, May 23, 3:30p - 5:30p
Learn choreography and discuss skills
- Wednesday, May 24, 3:30 - 5:30p
Official tryouts

You must be dressed in appropriate dance or fitness attire:

- Shorts or fitted workout pants
- Fitted t-shirt or tank
- Dance shoes or athletic shoes

You must have a gold card/physical to tryout

To ask any questions, contact Coach Leslie:
email coachlesliegenest@yahoo.com or text 517-980-1707

**If you cannot tryout in person, please contact the coach about a video audition.*

**The coaches will work with dancers to accommodate studio and competition schedules.*

WHAT IS DANCE TEAM?

The North Dance Team is a competition dance program that begins practicing in the summer & performs and competes throughout the fall and winter seasons.

Performances include the homecoming parade, football and basketball games. Plus, 2-3 competitions during the winter.

TUESDAY, MAY 23 & WEDNESDAY, MAY 24



[facebook.com/gpndanceteam](https://www.facebook.com/gpndanceteam)



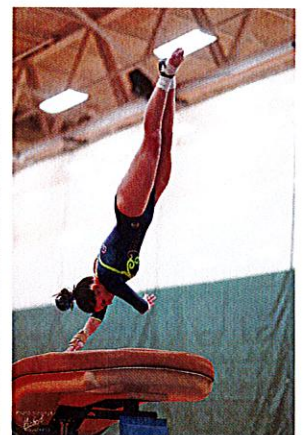
[@GPNDance](https://www.instagram.com/GPNDance)



Think About High School Gymnastics!

Experience the Grosse Pointe Varsity Gymnastics tradition
of quality gymnastics and lasting friendships!

- **Grosse Pointe United Gymnastics** – a unique North/South united varsity program
- Experience gymnastics in a fun, team oriented atmosphere
- Train according to your level – our gymnasts range from beginners to state champions!
- Represent your school and have the opportunity to earn a varsity letter
- Our team practices and competes in meets at GP North during the winter sports season
- Learn new skills - excellent private training space including spring floor
- Make new friendships across all grade levels & from both high schools! Our team demonstrates what it means to truly be a “united” team!
- A history of team and individual success:
 - 28 Individual state qualifiers, 12 All-State Gymnasts (2011-23)
 - 8-Time State Team Qualifiers in past 9 years (2011, 2012, 2014, 2015, 2016, 2019, 2020, 2023)
 - Reigning League Regular Season Champions (2023)
 - Individual Success: 2013 and 2014 Uneven Bars State Champions; 2018 All-Around, Vault, and Beam State Champion; 2016 State Runner Up- All-around, Uneven Bars, Balance Beam; 2017 State Runner Up- Vault; 2019 Balance Beam State Runner Up; 2017 Regional All Around Champion, 2020 Beam, Floor & All-Around Regional Champions, 2021 Regional Champion
- Season Timeline: November- March (10-15 meets including Invitationals)
- If you have any prior gymnastics experience, we really want you for our team! We depend on new talent every year to continue to challenge the top teams in the state!
- Girls with prior gymnastics/club experience will be able to compete and contribute immediately! We look forward to seeing you next season!
- **Contact:** Head Coach Isabelle Nguyen (586-224-4785, NguyenI@gpschools.org) or Courtney Hamidi (313-570-7054, HamidiC@gpschools.org) if you have questions or if you'd like more information about our program!
- **Follow:** Our team's Facebook page by searching for Grosse Pointe United Gymnastics!
Instagram @gppymnastics_





Grosse Pointe North Hockey

Cost to Play

All of these costs cover all ice bills for the year, equipment, year-end banquet, goodie bags for the players at Christmas and end of the season. All fundraisers are recommendations, not requirements.

- Participation Fee (School District Fee \$220)
- Golf Outing (Every player needs 1 foursome \$400)
- Raffle Tickets (Team Sells 1000, \$20 Tickets Divided by the number of players)
- Program Book (Players sell 2 ads totaling \$300 unless you sold a hole sponsor at the golf outing)
- **Total Fundraising Recommendation Along with the Participation Fee Averaged Out To \$1,850 Per Player for 2022-2023 Season**

The only guaranteed out of pocket cost on this team is \$220 that goes to the district. The rest of the money can be fundraised or just paid out of pocket.

Equipment Provided by the Team

- Helmet with Cage (Logo and numbers stickers put on each helmet)
- New Logo Embroidered Pants or a shell
- New Embroidered Gloves
- Three Game Jerseys and sets of socks (Green, White, Yellow)
- Warm Up Gear (Jacket, Shorts and Shirt) (New shorts and shirt every year)
- Team Hockey Bag
- Practice Jerseys, socks and water bottles
- Extra Laces, tape, wax, helmet repair kits

Important Dates

- June and July: Summer skates, conditioning and tournaments
- September: Team Golf Outing Fundraiser
- October 30 : Tryouts
- November 10-12 : Alpena Trip
- November 13 : Regular Season begins
- December 15-16 : Liggett Holiday Tournament
- January 15 : MAC vs OAA Showcase
- February 16-17: MAC Showcase
- February 20 : Playoffs begin

Please contact Coach Blum with any questions or concerns at rblum8@gmail.com

We look forward from hearing from you!





GROSSE POINTE NORTH GIRLS ICE HOCKEY

Head Coach – Casey Quick, Cell# 734-231-2863 or qck21@yahoo.com

Asst Coach: Maria Farrell

Our goal is to teach high level ice hockey tactics and techniques. Many of the tactics we teach come from NHL, College and National levels. Also, we teach proper ice hockey skating, passing and shooting fundamentals. In addition, we have off ice work outs that include yoga, full body training, boxing, and skate machine.

We are part of Michigan Girls High School Hockey League which includes:

GP South, Liggett, Cranbrook, Livonia, Northville, Walled Lake, Ann Arbor Pioneer, Ann Arbor Huron, Regina, Troy, Bloomfield, Livingston, Mercy and Sacred Heart. Season starts November 1st and ends March 10th (4 months). We play 25 games and including playoffs. Our league website: <https://www.migirlshshockey.org>

We are looking for players that want to play and compete immediately at Varsity level which can earn you a GPN varsity letter.

Please contact us with any questions or interest.





Figure Skating High School Teams



The Figure Skating Team is a winter, coed sport and is combined with skaters from Grosse Pointe North, South & University Liggett schools. The figure skating team is a varsity sport for skaters meeting the requirements.

Some basic figure skating skills are required. There will be an informative parent meeting in September. Date TBA

Team practices are held once a week from November 1st - February 28th at the St Clair Shores Civic Arena. Typically practices are held on Mondays, 5:00 - 6:00pm.

Skaters are required to skate 2 additional times a week pre-season, starting in September and continue through March, with their private coach or in the learn to skate group classes.

We have 3 competitions / meets per season. There are 7 teams in our district.

The top 2 teams move on to states and compete in a 4th meet against 14 other Michigan Teams. There are 36 - 40 teams in this program which is run by US Figure skating. Most teams consist of several schools like the Grosse Pointe Team, in order to have enough athletes to make a team.

There is 1 meet a month in December, January & February and States is held in March. We have 3 Teams....

A Team - High level competitive skaters who have passed the US Figure skating Intermediate test and skate 5+ days a week.

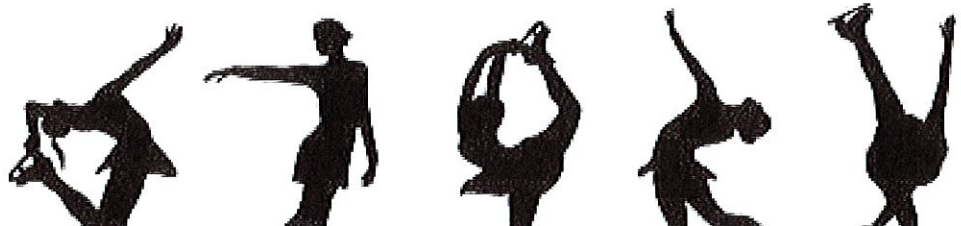
B Team - Skaters who take lessons several times a week throughout the year and have passed US Figure skating Preliminary tests.

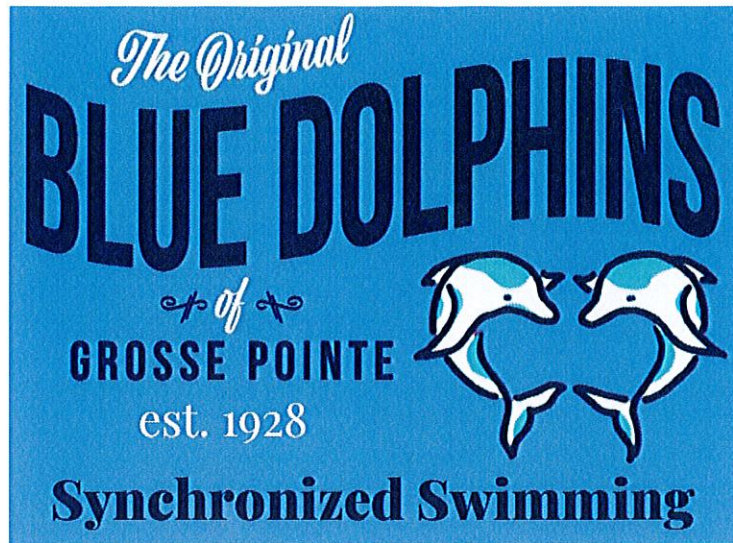
C Team - Recreational Skaters who are currently taking learn to skate group lessons or whose who have done so in the past. Must be able to do some basic moves like Bunny Hops, Spirals, Waltz Jumps, 2 foot spins, 1 foot spins etc

Skaters who are currently off the ice and wanting to be considered for a team should get back on the ice start skating during the summer to brush up on their skills. Contact the coach about affordable group lessons to get ready for November.

For additional information, questions or concerns please reach out to the Coach Claire or other figure skaters at your school. This is a super fun, low commitment team with very friendly and encouraging team mates.

Coach Claire LaDue
Claire can be contacted at
(586) 260 5758





We are a unified team

- Our team includes athletes from both **Grosse Pointe North** & **Grosse Pointe South** high schools.

Season

- Synchronized Swimming is a Varsity Level **Winter** Sport.
- Start Date: **November** and runs through the beginning of **March**.
- Our season has two competitive components -
 - **Figures** (1st half)
 - Everyone competes in figure competitions
 - Which are required body positions and transitions similar to gymnastics and diving.
 - There are 4 levels of figure competition (Compulsory & Groups 1, 2 & 3)
 - Coaches place swimmers in the appropriate level based on skill.
 - **Routines** (2nd half)
 - Duet & Whole Group Technical routines (Required moves)
 - Duet, Trio & Whole Group Freestyle routines (No required moves)

Requirements

- Our team actively recruits swimmers of all academic high school years (9th-12th grades) & ability levels, including new athletes with no synchronized swimming experience.
 - Swimmers should be able to swim 6 lengths of the pool and tread water for two minutes.
 - No other swimming experience is necessary.
 - If you can swim and float, we can teach you the synchro skills and techniques!

Equipment needed

- Plain black one piece bathing suit
- Plain white swim cap
- Nose clips
- Swim goggles (optional)

Contact information

- Head coach, Lisa Aouad, aouadl@gpschools.org
- **NORTH** Athletic Office: 313.432.3217 [NHS Athletics Homepage](#)
- **SOUTH** Athletic Office: 313-432-3541 [GPS Athletics Homepage](#)

WANTED

**ANY INTERESTED SWIMMER OR DIVER
FOR THE 2023-2024 SEASON**

What to expect?

- *Working towards your personal goals**
- *Being in the best shape of your life**
- *Listening to all genres of music**
- *Practices after school from 3:15-5:30**
- *Be apart of the Chicken Wing Challenge**



Craving more Information?

Contact Coach Kyle

kbkinyon@gmail.com



Norsemen Wrestling

"Once you've wrestled, everything else in life is easy."

Coach: Jaron Nelson

Email: JaronTnelson@gmail.com

Information

Students interested in joining the wrestling team for the Winter 2023-2024 season are encouraged to participate in our summer camp, as well as open mat sessions following our camp!. Open mat sessions are great for beginners and experienced wrestlers to meet the rest of the team and stay in shape until the season begins. Open mat sessions are available to anyone interested in attending. Open mat will be Tuesday and Thursday with time and location TBA.. Our camp starts June 20th and will be run through the 23rd going from 11am-1pm at Grosse Pointe North hs. All are welcome!

~Open Mat usually consists of one of our warm up games such as Toe Tag, Dodgeball, Reaction Drills, or Zombies. Conditioning, drilling, conditioning, live situations, conditioning, mental prep talks, ending the night sweaty with a new-found love and respect for our sport~

We also host camps as well as find other camps in the area for our open mat participants to go to. So, if interested they will be given that information!

What to bring

1. Workout clothes. (shorts, shirt, hoodie)
2. Wrestling shoes AND Running shoes
3. Water.
4. Great Attitude!
5. Ready to Battle Mindset!
6. Students who plan on wrestling for the season must have their physical and gold card by November 2023.

Any questions feel free to reach out to Coach Nelson and don't forget to follow us on instagram @Gpn_Wrestling

SPRING SPORTS



Baseball * Boys/Girls Crew
Boys Golf * Boys/Girls Lacrosse
Boys/Girls Sailing * Girls Soccer
Softball * Girls Tennis
Boys/Girls Track

Grosse Pointe North Baseball

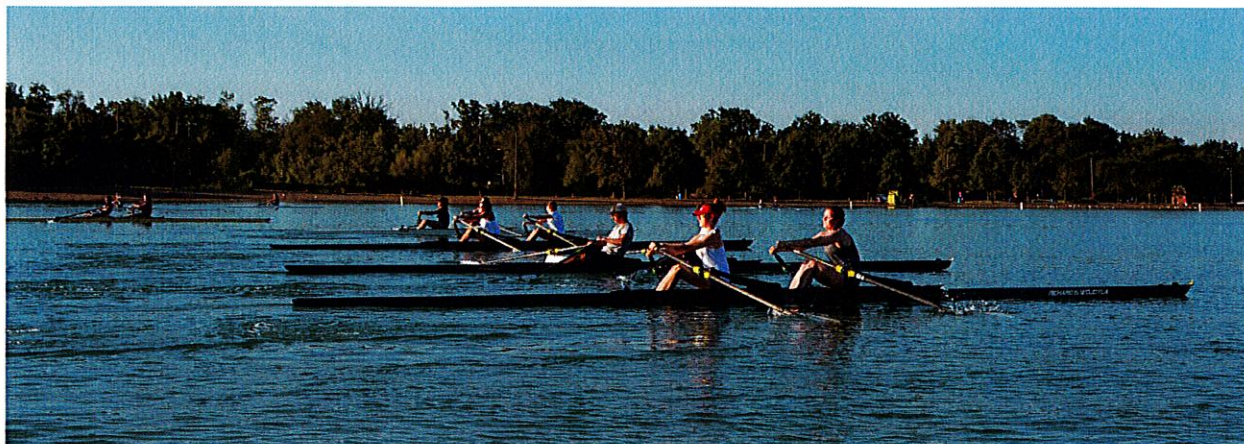


Freshmen (JV-B)	Junior Varsity (JV-A)	Varsity
<ul style="list-style-type: none">• The purpose of this level is to orientate kids to high school baseball and the Norsemen Standard• Development and instruction are paramount at this level. Winning is secondary.• Playing time will not be equal but the goal is to have as many kids contribute and participate in each game as possible.	<ul style="list-style-type: none">• The purpose of this level is to continue development of kids to play Varsity baseball.• Playing time will be based on attitude, ability and effort with emphasis on developing talent for the varsity level.• Developing a competitive mindset is emphasized at this level.	<ul style="list-style-type: none">• The goal at the varsity level is for our team to compete at the highest level of baseball in the State of Michigan.• Developing and maintaining a culture of excellence that represents the Grosse Pointe North community with class and poise will be emphasized.• Ability, effort, and attitude will determine playing time.

HEAD COACH: Kevin Shubnell shubnek@gpschools.org [@GPNorthBaseball](https://twitter.com/GPNorthBaseball)

GPN Summer Baseball Camp
June 26th-29th, 12:30pm-3:30pm
For students entering grades 4th-8th.





Middle School Learn to Row Camps

6/19-6/30 | Mon - Fri | 9:00-11:00 AM | \$300

7/10-7/21 | Mon - Fri | 9:00-11:00 AM | \$300

7/24-8/4 | Mon - Fri | 9:00-11:00 AM | \$300

Our 2-week Youth Learn to Row programs are designed for kids (grades 6-12) who wish to develop their skills in preparation for joining the Junior Racing Team. The program focuses on the essentials of rowing in the stable training barge for the beginners and transitions into 8 person shells as they gain experience. In addition, athletes will learn valuable skills such as teamwork, fitness conditioning, and safety on the water.

Call 313-409-7773 to register or e-mail mikedgentile@gmail.com



GROSSE POINTE NORTH

BOYS VARSITY & JUNIOR VARSITY GOLF



Do you want to come out for the Boys Golf Team?

Do you want your home course to be Lochmoor Country Club?

Do you have the following skills:

- Golf Knowledge
- Integrity
- Teamwork
- Sportsmanship

Then this is the team for you. Open to those that have a background in beginner to advanced golf skills.

We will have tryouts in Mid March.

We get the privilege of playing golf at some of the best course in Metro Detroit. Reach out to the coach and let's talk about next year.



Coach Hansinger
(414) 312-3375
james.Hansinger@gmail.com

Grosse Pointe North Boys Lacrosse

2024 Season

Mark Seppala
Varsity Head Coach
313-980-5900
seppalm@gpschools.org

Come play the Fastest Game on Two Feet!

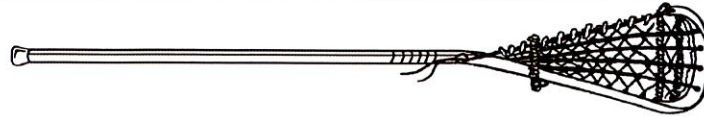
Although Lacrosse is one of the oldest sports in North America, it remains a mystery to many. High speed, high scoring, and action packed. Playing lacrosse at Grosse Pointe North will surely be the highlight of your high school experience.

We invite anyone to join us in the Spring Season. Whether you have been playing for years or if you have never picked up a stick, we are looking for young athletes that want to get out on the field to have fun and learn. Tryouts are in the second week of March. We would like to put together two teams, JV and Varsity. **That means we do not make cuts.** If you want to play and have a good attitude there is a spot for you.

Play lacrosse, have fun, make friends, make memories!



GROSSE POINTE NORTH GIRLS LACROSSE 2023



Although lacrosse is one of the oldest sports in North America, it remains a mystery to many. High speed, high scoring, and action packed. Playing lacrosse at Grosse Pointe North will surely be a highlight of your high school experience.

We invite anyone to join us in the Spring Season. Whether you have been playing for years or if you have never picked up a stick, we are looking for young athletes that want to get out on the field to have fun and learn.

MEETINGS:

There will be a preseason meeting in the fall (date TBA) and again in February (date TBA) to discuss the details of preseason conditioning and tryouts. Tryouts are mandatory, and the program is rebuilding so is actively promoting participation.

PRACTICE:

Both the JV and Varsity teams practice after school. We begin practice together by warming up and stretching and then break off into our teams to work on stick skills and game strategies, etc.

EQUIPMENT:

You will need the following to tryout:

1. Lacrosse stick
2. Goggles
3. Mouth guard
4. Tennis shoes/cleats

IMPORTANT:

1. YOU MUST HAVE A PHYSICAL AND GOLD CARD ON FILE BEFORE YOU CAN TRYOUT.
2. YOU MUST WEAR A MOUTH GUARD AND GOGGLES AT EVERY PRACTICE.

SUMMER CAMP:

The 2023 summer camp is June 19th – June 23rd on the North turf. 12-2pm for students entering 9th-12th grade. To register please go onto the GPN athletics website.

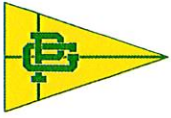
IF THERE ARE ANY QUESTIONS, PLEASE CONTACT:

EMILY TURNBULL

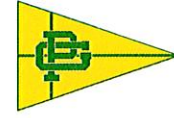
EMAIL: EMFTURNBULL@GMAIL.COM

PHONE: 313-815-3067

Play lacrosse, have fun, make friends, make memories!



GPN Sailing Team



The GPN Sailing Team competes in the East District of the Midwest Interscholastic Sailing Association (MISSA). The GPN Sailing Team has been active for over 25 years. Currently the GPN Sailing Team is one of over 160 high school teams in MISSA.

High School sailing is a co-ed sport for all grades, including 7th and 8th graders for Tier 3 events only. The GPN Sailing Team is open to all levels of sailors. The majority of the sailing is done in a two person boat (skipper/crew) with only a jib and a mainsail. The GPN Sailing Team consists of sailors who have many years of sailing experience and others that have never sailed. Please show up and see how much fun you can have on the water.

The GPN Sailing Team travels to many beautiful sailing venues throughout the Midwest, as close as the Grosse Pointe Yacht Club, where we practice, and to places like Traverse City, Cleveland, Chicago, and beyond.

Seasons

- **Fall – Club**
 - Collegiate format:
 1. Fleet Racing - two Divisions per Team an A and a B .
(minimum of four sailors)
 2. Team Racing - 3 boats make up a Team (6 sailors)
only two Teams race at a one-time. Winning Team is based on lowest total score
 - Fall Regattas:
 1. Cressy singlehanded National Qualifier (Lasers)
 2. Michigan State Championships (420s)
 3. Great Lakes tier 1 and tier 2 championships (420s)
 4. Keelboat National Qualifier
 5. Lots of other Tier 3 fun sailing events
- **Spring – Varsity**
 - Collegiate format, same as the Fall
 - Spring Regattas:
 1. Mallory Fleet Racing National Qualifiers
 2. Baker Team Racing National Qualifiers
 3. Lots of other Tier 3 fun sailing events

Required equipment and forms

- Gold card and physical forms
- USCG approved Type III life jackets, three season gloves, Dinghy boots
 - Dry suits, must be worn when the sailing authorities require it.
 - Not required for tryout/evaluation
 - Limited number of Team dry suits are available

Contact: Coach Daniel Klaasen at dlklaasen@hotmail.com



Grosse Pointe North Girls Soccer

Welcome to Grosse Pointe North!!!

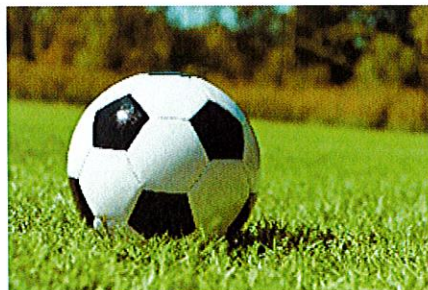
Mark your Calendar:

Tryouts will be March 11, 2024

If you are interested in playing girls soccer at North, JV and Varsity hold tryouts together. This will take place at Total Soccer. More information will be available in late February or early March. Coach Olivia and Coach Marty will part of the coaching staff next season.

Pre-season is optional yet highly suggested. Again, potential JV and Varsity players will condition together. We begin in early February and continue all the way through try-outs.

By joining our soccer program, you will learn valuable soccer training skills and have fun! If that sounds like a fit for you, then we will see you in the spring! Everyone is welcome to try out.



GROSSE POINTE NORTH GIRLS SOFTBALL

*"Life will always throw you curves, just keep fouling them off,
the right pitch will come and when it does be prepared to run
the bases"*



We would love for you to become a part of North Softball Family

North Varsity Head Softball Coach: Ron Smith

Email: rls616@yahoo.com Cell: (313) 969-0838

GROSSE POINTE NORTH TENNIS

2023-2024 SEASON

Come and join the rich tradition of Grosse Pointe North Tennis.

Grosse Pointe North Tennis is a great opportunity for proficient and novice players. Everyone is encouraged to join us. Beginners to advanced players have all had a fulfilling and enjoyable seasons participating in Grosse Pointe North Tennis.

The girls tennis teams at GPN are looking for several new ninth grade athletes to join the tennis team at North. There are several graduating players and the teams need to have new players to help fill the rosters at both the JV and Varsity levels.

The North girls tennis team is a program that is traditionally a top team in the state.

This season the Varsity girls tennis team is having their best season in several years. We are hoping to cap the season with a trip to the state finals.

Girls tennis is a spring sport that has a season starting mid March and is completed by the end of the school year. Joining the tennis team is a great way to meet upper classmen, make new friends and enhance your High School experience

The GPN girls tennis team has produced numerous all-conference, all-state, and college players during the past seasons. The short season is packed full of fun, great tennis, and great team chemistry. I hope you are ready to become part of the tradition of one of the most successful teams at GPN.

I highly recommend taking advantage of the summer camps and some lessons to get prepared for the high school season. Feel free to contact me directly for additional information.

JOHN VANALST- VARSITY COACH
313-269-4869
jvanalst@msn.com



GROSSE POINTE NORTH TRACK & FIELD 2024

BOYS & GIRLS PRACTICE BEGINS:

MONDAY, MARCH 11TH

Boys Coach: Eric Eplin

epline@gpschools.org

Girls Coach: Diane Montgomery

montgod@gpschools.org

Announcements will be made in school, and we will update the Athletic Website as we get more information on the upcoming season.

You can reach the Athletic Website by going to the Grosse Pointe North's Homepage and clicking on the Athletics Tab

