



# ***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 date at GPN

**ATHLETIC DIRECTOR**

**Michelle Davis**

**[Davism@gpschools.org](mailto:Davism@gpschools.org)**

**313-432-3255**

**ATHLETIC SECRETARY**

**Teresa Bennett**

**[Bennett@gpschools.org](mailto:Bennett@gpschools.org)**

**313-432-3217**

**ATHLETIC TRAINER**

**Brigette Scarber**

**[Scarbeb@gpschools.org](mailto:Scarbeb@gpschools.org)**

**313-432-3384**

**SUMMER CAMP DIRECTOR**

**Jonathan Byrne**

**[Byrnej@gpschools.org](mailto:Byrnej@gpschools.org)**

**313-432-5366**



# Norsemen Coaches

| Fall                          |                   | Starts 8/12                 | Coaching Staff |
|-------------------------------|-------------------|-----------------------------|----------------|
| Cheerleading - Varsity Head   | Lauren Hughes     | laurenhughes224@gmail.com   |                |
| Cross Country - Boys          | Diane Montgomery  | montgod@gpschools.org       |                |
| Cross Country-Girls           | Alan Parish       | abparish@gmail.com          |                |
| Field Hockey - Varsity        | Sara Gentile      | segentil@umich.edu          |                |
| Football - Varsity Head Coach | Joe Drouin        | drouinj@gpschools.org       |                |
| Golf - Girls                  | TBD               |                             |                |
| Soccer - Varsity Boys         | Brad VandeVorde   | therealvandy19@gmail.com    |                |
| Swim/Dive - Girls             | Chris Trepanowski | trepanc@gpschools.org       |                |
| Tennis - Varsity Boys         | John VanAlst      | jvanalst@msn.com            |                |
| Volleyball - Varsity          | Chelsea Brozo     | chelseabrozo20@gmail.com    |                |
| Winter                        |                   | Starts 10/28*               | Coaching Staff |
| Basketball - Varsity Boys     | Rob Johnson       | johnsor@gpschools.org       |                |
| Competitive Cheer             | Lauren Hughes     | gpncheer@gmail.com          |                |
| Dance                         | Leslie Genest     | coachlesliegenest@yahoo.com |                |
| Figure Skating                | Claire LaDue      | claire_ladue@yahoo.com      |                |
| Gymnastics                    | Izzy Nguyen       | izzy17nguyen@gmail.com      |                |
| Ice Hockey - Boys             | Robert Blum       | rblum8@gmail.com            |                |
| Ice Hockey - Girls            | Taylor Shaheen    | tqmoody12@gmail.com         |                |
| Swim/Dive - Boys              | Kyle Kinyon       | kbkinyon@gmail.com          |                |
| Synchronized Swimming         | Lisa Aouad        | aouadl@gpschools.org        |                |
| Wrestling                     | Jaron Nelson      | jarontnelson@gmail.com      |                |
| Spring                        |                   | Starts 3/10                 | Coaching Staff |
| Baseball - Varsity            | Kevin Shubnell    | shubnek@gpschools.org       |                |
| Crew                          | Mike Gentile      | mikedgentile@gmail.com      |                |
| Golf - Boys                   | James Hansinger   | james.hansinger@gmail.com   |                |
| Lacrosse - Varsity Boys       | Mark Seppala      | sepp82@hotmail.com          |                |
| Lacrosse - Varsity Girls      | Emily Turnbull    | emfturnbull@gmail.com       |                |
| Sailing                       | Dan Klaasen       | dlklaasen@hotmail.com       |                |
| Soccer - Varsity              | Thalu Masindi     | masindinetworking@gmail.com |                |
| Softball - Varsity            | Ron Smith         | rls616@yahoo.com            |                |
| Tennis - Varsity Girls        | John VanAlst      | jvanalst@msn.com            |                |
| Track - Boys                  | Eric Eplin        | epline@gpschools.org        |                |
| Track - Girls                 | Diane Montgomery  | montgod@gpschools.org       |                |

\*Winter Sports starts at varying time check website for exact dates



# Grosse Pointe North Summer Camps



## Girls Basketball

*Grosse Pointe North Gyms*

**Camp Dates:** June 17th-20th

**Eligibility:** 8:00am-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 17th-21st

**Eligibility:** 4:00-5:30pm for students entering 3rd-7th grades 5:30pm-7pm 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 \$130.**

*Register by June 9th for a free tshirt!*

## Tennis

*Grosse Pointe North Tennis Courts*

**Camp Dates:** June 17th-20th

**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, racket. **Camp fee is \$105 for Youth Tennis (2nd-4th grades) and \$130 for Tennis (5th-8th grades).**

## Girls Lacrosse

*Grosse Pointe North Football Field*

**Camp Dates:** June 17th-21st

**Eligibility:** 12pm-2pm for girls entering 5th-12th grades **Camp Director:** Emily Turnbull—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.**



## Baseball

*Grosse Pointe North Baseball Field*

**Camp Dates:** June 17th-20th

**Eligibility:** 8:00am-11:00am 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, hat, cleats (no metal) and gym shoes, bat, baseball pants, water bottle. **Camp fee for Baseball is \$130.**

## Volleyball

*Grosse Pointe North Gyms*

**Camp Dates:** June 17th, 18th, 20th, 21st

**Eligibility:** 4:00pm-5:30pm for girls entering 3rd-5th grades

5:30-7:00pm for girls entering

6th-8th grades

7:00-8:30pm 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 Volleyball is \$130 (9th-12th).**

*Register by June 9th for a free tshirt!*

## Field Hockey

*Grosse Pointe North Football Field*

**Camp Dates:** June 24th-26th

**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.**

## Wrestling

*Grosse Pointe North Upper Gyms*

**Camp Dates:** June 24th-28th

**Eligibility:** 10am-12pm for boys entering

5th-12th grades **Camp Director:** JaRon

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. **Camp fee for Wrestling is \$130.**



## Boys Basketball

*Grosse Pointe North Gyms*

**Camp Dates:** June 24th-27th

**Eligibility:** 8am-10am for students entering

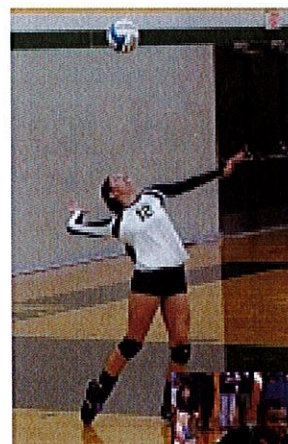
3rd-8th grades 11am-1pm for students

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.**





# Student athlete physicals



## We see the whole athlete

Preventing injuries starts with having a physical from the team who's committed to keeping you healthy on and off the field – Henry Ford Sports Medicine.

Henry Ford physicians and athletic trainers will be conducting comprehensive sports physicals that meet MHSAA requirements.

The physicals include:

- Complete medical history evaluation
- Orthopedic/sports medicine consultations

Tuesday, July 23rd, 2024

5:00 pm – 7:00 pm

Grosse Pointe North High School Gymnasium

\$20 per physical

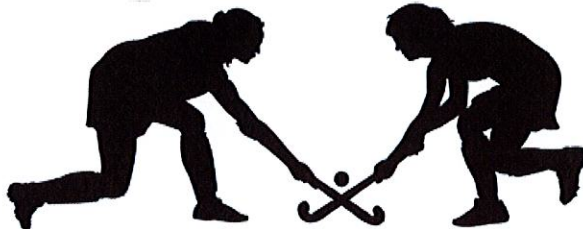
Payment due at time of service.

Sign up today; space is limited. Online registration required.

Register at: <https://www.signupgenius.com/go/30E0B4FA5AE28A0FC1-48647936-gpnorth>



# FALL SPORTS



**Sideline Cheer**

**Boys/Girls Cross Country**

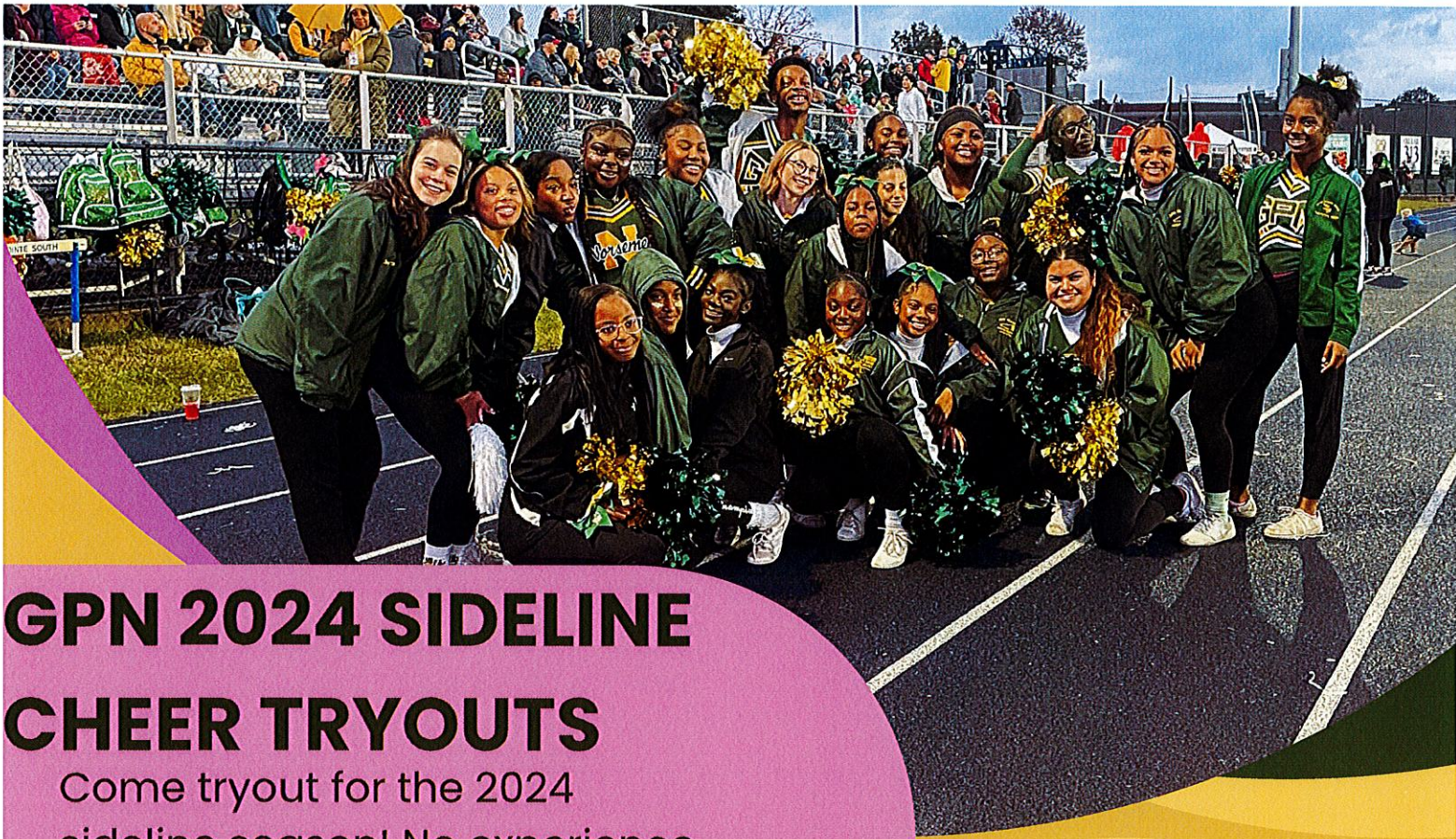
**Girls Field Hockey \* Football**

**Girls Golf \* Boys Soccer**

**Girls Swim/Dive \* Boys Tennis**

**Volleyball**





# GPN 2024 SIDELINE CHEER TRYOUTS

Come tryout for the 2024  
sideline season! No experience  
needed! Learn everything you  
need at tryouts!  
You must have a stamped gold  
card to tryout.

**Register at the link!**

[https://bit.ly/gp  
ncheer](https://bit.ly/gpncheer)



June 4th, 5th,  
and 6th



The Gym



5pm-7pm





**STATE CHAMPIONS—1973 \* 1975 \* 1976 \* 1982**

**MAC AND REGION CHAMPIONS 2018**

## **GPNXC: TRADITION**



### **BE A PART OF HISTORY**

#### **Contact Information**

Coach— Diane Montgomery

[montgod@gpschools.org](mailto:montgod@gpschools.org)

Coach- Joe Ciaravino

[ciaravi@gpschools.org](mailto:ciaravi@gpschools.org)

**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!



#### **Interested in Running? What you should do:**

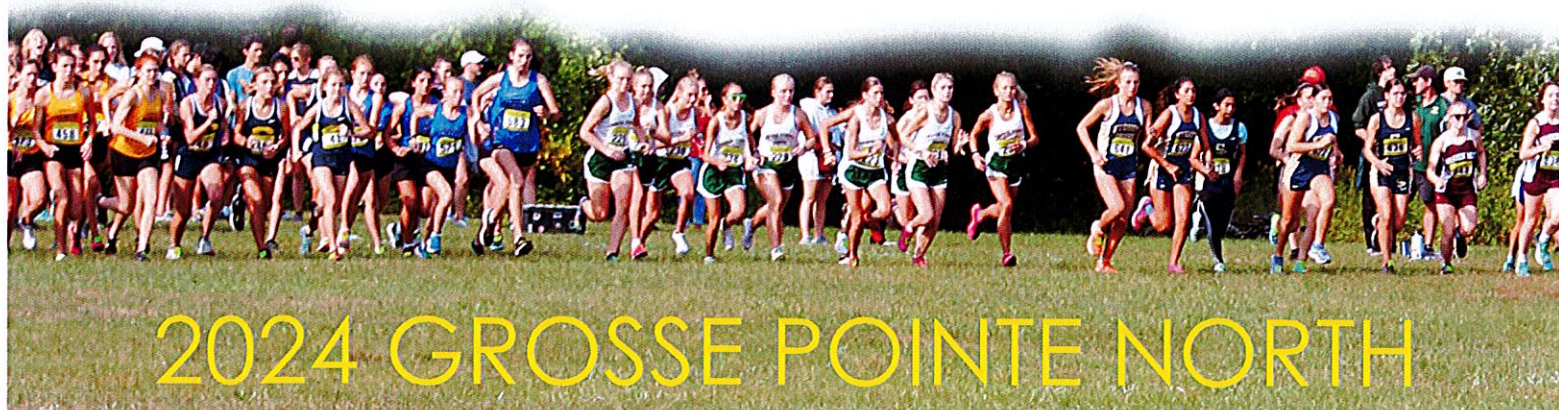
Get a physical and gold card (available in the Athletic Office)

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

Show up when the season starts (August 12th at 8:30 am)

Contact Coach Ciaravino about getting added to the Remind!





# GIRLS' CROSS COUNTRY

*THE SPORT FOR EVERYONE*

*No experience needed, no skills necessary; come have  
fun and work hard with us!*

Get on the communication list:  
*(not a commitment!)*



**Alan Parish**, Head Coach - [parisha@gpschools.org](mailto:parisha@gpschools.org)

Class of 2025 team leaders: Ashlei Anatalio, Jhilmil Chhaya, Hope Fegan, Katie Madigan, Madi McCormick, Alex Noyd, Molly Spence, Mimi Trupiano (*talk to us!*)

- **Official practice begins August 12**
- Student-led summer runs (optional, encouraged) from June 17 to August 10; most are at 9am at the Vernier Hill (sign-up to stay in the loop)
- Meets (5K/3.1 mile races) begin late August & are on most Saturdays in the Fall
- **GET A PHYSICAL THIS SUMMER; HAVE PARENTS MAKE AN APPOINTMENT NOW**

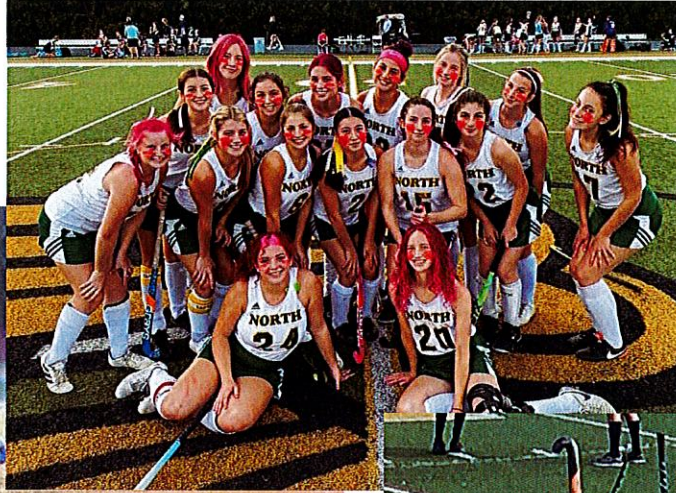




# GPN Field Hockey



COME JOIN THE FUN!



**Summer Camp:** June 24<sup>th</sup>-26<sup>st</sup>

**Tryouts:** August 12<sup>th</sup>

Updates will be posted to G P North Athletic Website as we have more information

Head Coach: Sara Gentile

Contact: [Gentile.Sara26@gmail.com](mailto:Gentile.Sara26@gmail.com)



# GROSSE POINTE NORTH HIGH SCHOOL NORSEMEN FOOTBALL



## I. STRENGTH AND SPEED TRAINING

### A. SCHOOL YEAR

1. WE ARE WORKING ON A SCHEDULE FOR CURRENT 8TH GRADERS ONLY.
2. CURRENT 8TH GRADERS MAY WORKOUT WITH THE TEAM AFTER MEMORIAL DAY.

### B. SUMMER STRENGTH AND SPEED TRAINING.

1. THE WEIGHT ROOM WILL BE OPEN TUESDAYS, WEDNESDAYS, AND THURSDAYS
2. WEIGHT TRAINING WILL RUN FROM JUNE 20 UNTIL JULY 27.
3. SESSIONS WILL BE FROM 9:45AM -11:00AM. PLEASE BE PROMPT

### C. ENTER THE WEIGHT ROOM FROM THE SIDE DOOR NEAR THE SOFTBALL FIELD.

CHECK OUR SOCIAL MEDIA AND BAND FOR UPDATES

## II. SUMMER OTAs (OPTIONAL TEAM ACTIVITY)

### A. SUMMER OTAs RUN FROM 6:00PM - 7:30PM

1. OTA WORKOUTS WILL BE HELD MOST TUESDAY AND THURSDAY EVENING.
2. ALL POTENTIAL PLAYERS ARE WELCOME TO ATTEND OTA WORKOUTS.
3. WE WILL HAVE SEVEN 7v7 COMPETITION DAYS WITH OTHER SCHOOLS.
4. PARTICIPANTS WILL NEED PROPER WORKOUT ATTIRE AND FOOTBALL CLEATS
5. HELMETS WILL BE SUPPLIED BY THE SCHOOL

## III. MANDATORY TEAM WORKOUTS BEGIN MONDAY AUGUST 12, 2024

1. PLAYERS MUST HAVE A PHYSICAL ON FILE TO PRACTICE.
2. PLAYERS MUST HAVE A STAMPED GOLD CARD TO PRACTICE.

## PARENT BAND



PARENT'S ONLY  
SIGN UP FOR BAND  
YOUR FIRST AND LAST NAME  
(PARENT OF 'ATHLETE'S NAME')

## ATHLETE BAND



ATHLETE'S ONLY  
SIGN UP FOR BAND  
FIRST AND LAST NAME (28)

## SUMMER FALL CALENDAR



## PHYSICAL FORM MUST HAVE COMPLETED FOR AUGUST PRACTICES



## GOLD CARD MUST HAVE COMPLETED FOR AUGUST PRACTICES







# GROSSE POINTE NORTH WOMEN'S GOLF

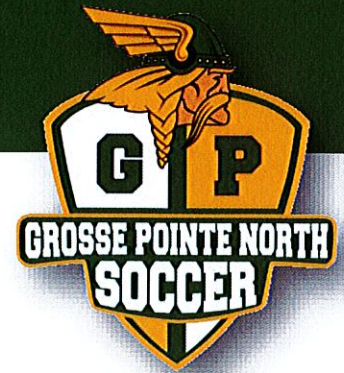
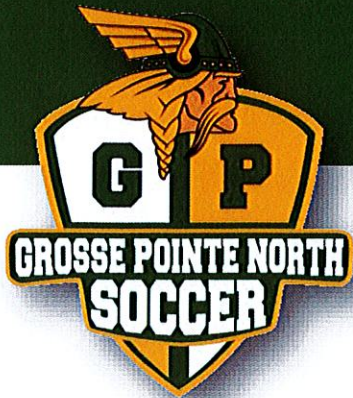
SEASON STARTS MONDAY,  
AUGUST 12, 2024

*ALL PLAYERS ARE WELCOME TO JOIN*

*"WE NEED YOU - COME HAVE FUN"*



# Grosse Pointe North High School Boys Soccer



## **SUMMER WORKOUTS** (VOLUNTARY)

June 24th - August 2nd  
Mondays, Wednesdays & Fridays 4:00 -  
6:00pm *Please NOTE: NO workouts the week of  
July 1st*

## **SUMMER CAMP**

June 17th - June 21st  
9th - 12th Grade 530 - 7pm

## **PRE-TRYOUT CONDITIONING PROGRAM**

August 5th - August 9th 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 12th - August 14th 4-6pm

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## **LOCATION FOR ALL EVENTS**

Guido Regelbrugge Soccer Field  
707 Vernier Road, Grosse Pointe Woods, MI  
48236

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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](mailto:vandevb@gpschools.org)**

| 313-432-3200 | #RTL



# Grosse Pointe North Girls Swim and Dive 2024



Official Practice Begins Aug 12.  
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 and divers welcome

Come prepared to Work Hard and Get Better

Head Coach- Chris Trepanowski  
email with any questions [trepanc@gpschools.org](mailto:trepanc@gpschools.org)





# GROSSE POINTE NORTH

## BOYS TENNIS

### 2024-2025 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 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 upperclassmen, 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 GP NORTH STARTING AT  
9:00 AM EACH DAY FROM AUGUST 12 - AUGUST 14**

**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:** July 17, 18, 20, 21

**Where:** Grosse Pointe North High School

4:00-5:30 pm for students entering 3rd-5th grades

5:30-7:00 pm for students entering 6th-8th grades

7:00-8:30 pm for students entering 9th-12th grades

**Camp Cost:** \$130, camp t-shirt included if registered before June 9th

*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 12th, 13th & 14th**

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

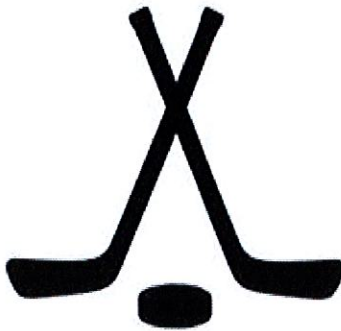


**11th and 12th Graders 5:00-6:30 pm**

Please contact Coach Chelsea Brozo @ [BrozoCh@gpschools.org](mailto: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 9<sup>th</sup>, JV or Varsity basketball teams next year should plan on attending the **5 day Girls Basketball Summer Clinic** held here at North. 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 17th and concludes on Friday, June 21st. It runs daily from 7:30 am - 10:00 am in North's 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 take place on Monday, November 18<sup>th</sup> at 3:25 p.m. in the gymnasium.**

An informational meeting regarding conditioning and tryouts will be held in October. A video announcement will be made several days prior to this meeting. Signs announcing the meeting will also be posted in the halls.

### **\*\*\* 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 late July or 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 of these forms 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:

- Thursday, May 30, 3:30p - 5:30p  
Learn choreography and discuss skills
- Friday, May 31, 3:30p  
Warm-ups and 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](mailto: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.

## THURSDAY, MAY 30 & FRIDAY, MAY 31



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



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





# Figure Skating HighSchool 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 - 6:00 pm.

Skaters are required to skate 2 additional times a week pre-season, starting in September and continuing 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 athlete's to make a team.

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

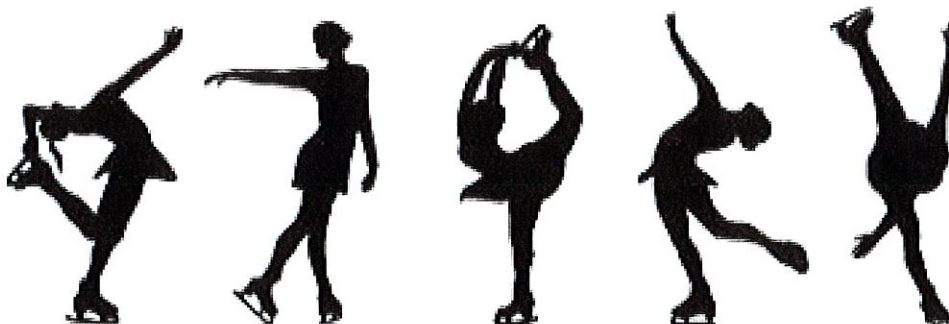
We have 3 Teams....

- 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 those who have done so in the past. Must be able to do some basic moves like BunnyHops, 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 and 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 Coach Claire or other figure skaters at your school. This is a super fun, low commitment team with very friendly and encouraging teammates.

Coach Claire LaDue  
Claire can be contacted at  
(586) 260 5758  
claire\_ladue@yahoo.com



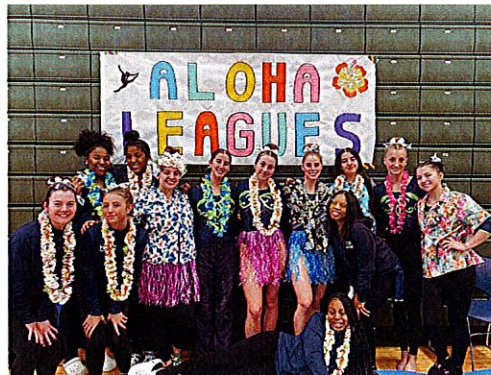
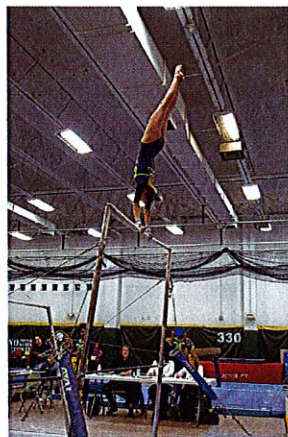




# Think About High School Gymnastics!

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:
  - o 28 Individual state qualifiers, 12 All-State Gymnasts (2011-23)
  - o 8-Time State Team Qualifiers in past 9 years (2011, 2012, 2014, 2015, 2016, 2019, 2020, 2023)
  - o Reigning League Regular Season Champions (2023)
  - o 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](mailto:NguyenI@gpschools.org)) or Courtney Hamidi (313-570-7054, [HamidiC@gpschools.org](mailto: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 Boys Ice 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.

- Participation Fee (Schools \$220 gold card fee)
- Raffle Tickets (Team Sells 1000, \$20 Tickets Divided by the number of players)
- Program Book (Players need to sell 2 ads totaling \$300 unless you sold a hole sponsor at the golf outing)s
- **Total Fundraising Obligation Along with the Participation Fee Averaged Out To \$1,320 Per Player for 2023 -2024 Season**

The only guarantee out of pocket cost on this team is \$220 that goes to the school. The rest of the fees 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 Shell
- New Embroidered Gloves
- Three Game Jerseys (Green, White, Alternate)
- Three Sets of Game Socks
- Warm Up Gear (Jacket, Shorts and Shirt) (New shorts and shirt every year)
- Team Hockey Bag
- Practice Jerseys
- Team Water Bottles
- Extra Laces
- Tape
- Wax
- Helmet Repair Kits

## Important Dates

- June and July - Summer Program
- August 3-4: MAC Prospect Camp
- October 28: Tryouts
- November 8-10: Alpena Trip
- November 11: Regular Season begins
- December 19-20: Liggett Holiday Tournament
- January 20: MAC Showcase
- February 17: Playoffs begin

Please contact Coach Blum with any questions or concerns at  
[rblum8@gmail.com](mailto:rblum8@gmail.com)



We look forward from hearing from you and rebuilding this program to its former glory!












## GROSSE POINTE NORTH GIRLS ICE HOCKEY

*Head Coach: Taylor Shaheen. Cell #313-600-9979. Email: tqmoody12@gmail.com.*

*Are you ready to glide, score, and soar on the ice? Whether you're a seasoned skater or just getting started, high school girls' ice hockey is the place to be! Here's why you should join:*

-  *Fun & Friendship: Make lifelong friends and enjoy the thrill of teamwork.*
-  *Athleticism & Skill: Sharpen your skills on the ice and unleash your potential.*
-  *Health & Fitness: Stay active, healthy, and fit while having a blast.*
-  *Empowerment & Confidence: Build confidence and leadership skills on and off the ice.*
-  *Thrills & Excitement: Experience the adrenaline rush of competition.*

*Our league consists of 21 teams across two divisions. GP North is in Division 1. We play about 25 games, and participate in both the Liggett Tournament and Traverse City Tournament, as well as a few charity games. We increase our strength by doing off-ice once per week and practice on-ice three times per week on our home ice at ESH Arena. Our season begins October 28th, 2024 and ends mid-March depending on Playoffs. Competing on our team will earn you a GP North Varsity Letter. We are looking for players in every position- Forward, Defense and Goalie!*

*We have a clinic on Saturday, June 15th at 11am-Noon at McCann Ice Arena on the University of Liggett campus. Follow this QR Code for more information!*



*League Website: <https://www.migirlshshockey.org>*

*Please contact us with any questions. We hope to see you on the ice!*



# WANTED

## **BOYS SWIMMERS OR DIVERS**

### **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](mailto:kbkinyon@gmail.com)**





## 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](mailto:aouadl@gpschools.org)
- **NORTH** Athletic Office: 313.432.3217
- **SOUTH** Athletic Office: 313-432-3541





# 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 2022-2023 season are encouraged to participate in our open mat sessions. 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 Mondays and Wednesdays from 5:45pm to 7:30pm in the Norsemen gym. Sessions will begin Monday, June 6th and continue until the end of summer.

~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 2024

Any question feel free to reach out to Coach Nelson  
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



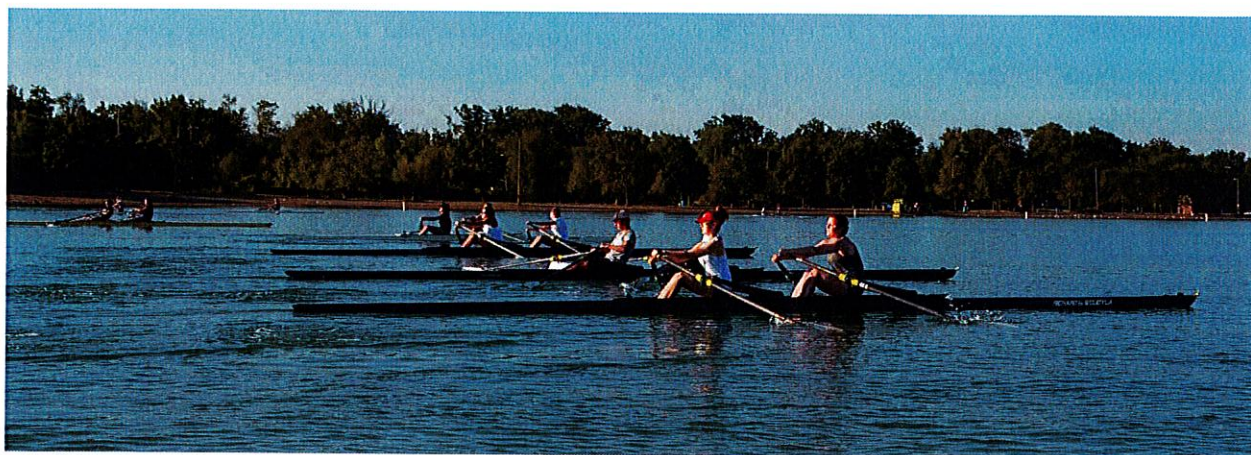
| Freshmen (JV-B)   | Junior Varsity (JV-A)   | Varsity  |
|---|---|--|
| <ul style="list-style-type: none"><li>• The purpose of this level is to orientate kids to high school baseball and the <b>Norsemen Standard</b></li><li>• Development and instruction are paramount at this level. Winning is secondary.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

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

**GPN Summer Baseball Camp**  
**June 17th - 20th 9:30am -12:30pm**  
**For students entering grades 4th-8th**







# Middle School Learn to Row

[6/17 - 6/28 | Mon - Fri | 8:30-11:00 AM | \\$300](#)

[7/8 - 7/19 | Mon - Fri | 8:30-11:00 AM | \\$300](#)

[7/22-8/2 | Mon - Fri | 8:30-11:00 AM | \\$300](#)

[8/5 - 8/16 | Mon - Fri | 8:30-11:00 AM | \\$300](#)

[ALL 4 SESSIONS \(8 WEEKS\) | Mon - Fri | 8:30-11:00 AM | \\$600](#)

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](mailto: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

## 2025 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.

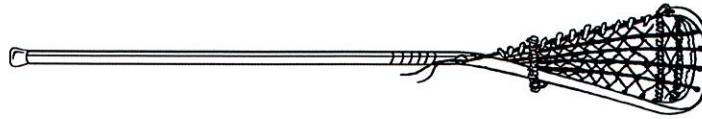
We invite anyone to join us in the Spring Season. Whether you have been playing for years or if you have never picked up a stick, we are looking for young athletes that want to get out on the field to have fun and learn. Tryouts are in the second week of March. We would like to put together two teams, 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 2020



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 January (date TBA) to discuss the details of preseason conditioning and tryouts. Tryouts are mandatory and cuts are made if necessary.

\*\*\*\*\*

## **PRACTICE:**

Both the JV and Varsity teams practice at the same time 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 ON FILE BEFORE YOU CAN TRYOUT.
2. YOU MUST WEAR A MOUTHGUARD AND GOGGLES AT EVERY PRACTICE.

\*\*\*\*\*

## **SUMMER CAMP:**

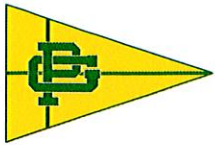
The 2024 summer camp is Monday June 17<sup>th</sup> – Friday June 21<sup>st</sup> on the North Turf. 12-2pm for students 5th - 12th grades  
To register please go onto the GPN athletics website.

**IF THERE ARE ANY QUESTIONS, PLEASE CONTACT ME:**

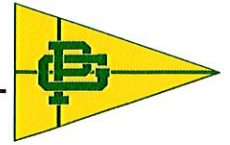
**HEAD COACH: EMILY TURNBULL**  
**EMAIL: [EMFTURNBULL@GMAIL.COM](mailto:EMFTURNBULL@GMAIL.COM)**  
**PHONE: 313-815-3067**

**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 7<sup>th</sup> and 8<sup>th</sup> 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](mailto:dlklaasen@hotmail.com)**





## INTERESTED IN PLAYING SOCCER AT NORTH?

Being a valued member of the program supports:

- Technical & Tactical Soccer Development
- Leadership Skills
- Confidence & Communication
- Making Friends & Having Fun!

## JOIN OUR 2023 STATE CHAMPIONS!

### TRY-OUTS:

March 10th, 2025

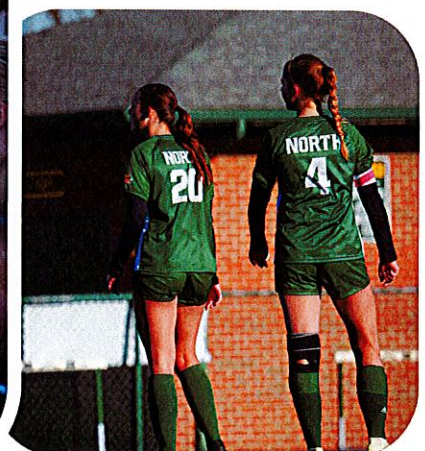
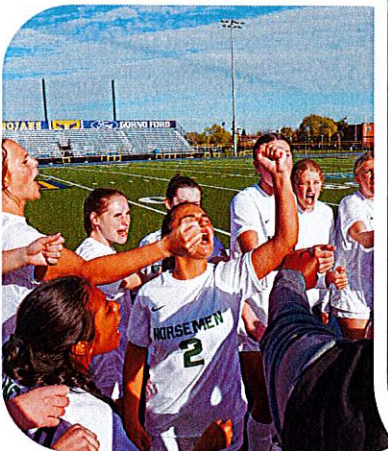
### PRE-SEASON:


Early February through try-outs!


## COACH PROFILES

**Coach Thalu:** 2nd year head coach & a native of London, UK. Played at Park University as a goalkeeper. Currently with DCFC as Futures coach

**Coach Marty:** Vastly experienced high school coach, supporting North's girls & boys programs. Currently with Michigan Burn.



 +1(312)-826-4365

 gpnvsoc@gmail.com

 @gpngirlssoccer



# Grosse Pointe North Girls Softball

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



*All levels of experience welcomed*

*"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"*

North Varsity Head Softball Coach: Ron Smith  
Email: [rls616@yahoo.com](mailto:rls616@yahoo.com) Cell: (313) 969-0838







# GROSSE POINTE NORTH

## GIRLS TENNIS

*2024-2025 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 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 upperclassmen, 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 10<sup>TH</sup>**

**Boys Coach: Eric Eplin**

**[epline@gpschools.org](mailto:epline@gpschools.org)**

**Girls Coach: Diane Montgomery**

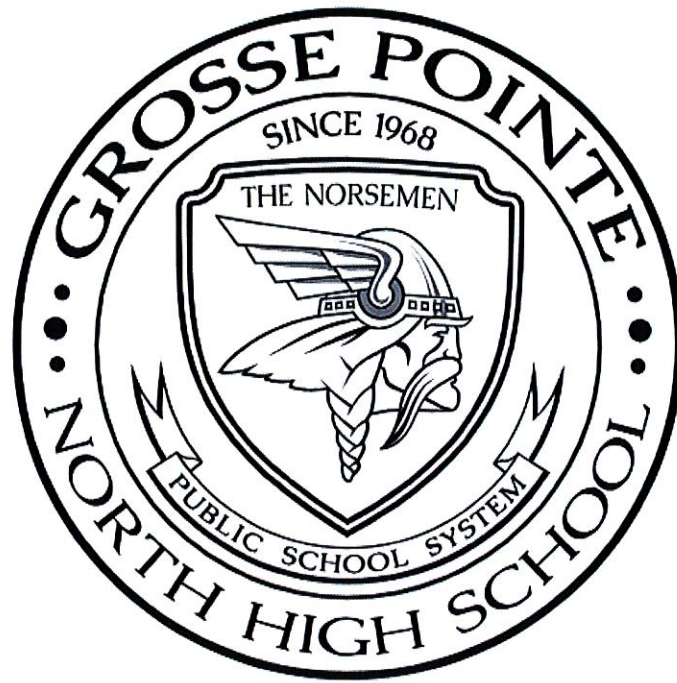
**[montgod@gpschools.org](mailto:montgod@gpschools.org)**

**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**







Please take our short survey to let us know which sports you are interested in.  
Scan the QR code or enter the link below.

<https://bit.ly/GPNfuture-athlete>



# Go Norsemen!!