IC Catholic Prep Return to Play 2020

Schedule of Voluntary Workouts

Football: All workouts at Plunkett Athletic Complex

Phase 1 Plan (Phase 1 Conditioning for first two weeks):

June 15th-19th 7:00 AM to 9:00 AM

June 22nd-26th 7:00 AM to 9:00 AM

Equipment Distribution: June 28th -- All Day

Summer Plan per usual (will adjust as regulations allow):

Week 1: June 29th-July 2nd 5:00 PM to 7:00 PM

Please email Coach Krefft (krefft64@gmail.com) or Coach Schmidt (mjs149a@gmail.com) with questions regarding workouts.

Volleyball:

Conditioning program will be held on Monday & Wednesday evenings from June 17 - July 1 from 6:00 – 7:00 PM at the Plunkett Athletic Complex. Volleyball will determine an enhanced schedule for July based on the IHSA guidelines in place at that time.

Please email Head Coach Nancy Kerrigan (nkerrigan@iccatholicprep.org) to confirm your commitment to attend. This MUST be done no later than Monday, June 15 for planning purposes. This program is open to grades 9-12.

Boys Soccer: All workouts at Plunkett Athletic Complex

June 15th-18th 5:00 PM to 7:00 PM

June 22nd-25th 5:00 PM to 7:00 PM

June 29th–July 2nd 5:00 PM to 7:00 PM

Please email Coach Garcia (mgarcia@iccatholicprep.org) with questions regarding workouts.

Girls & Boys Cross Country:

Teams will meet for run Mon-Fri from 7:00 AM – approx. 8:30 AM. at The Depot (511 S York St, Elmhurst, IL 60126) off the Illinois Prairie Path-Wild Meadows Trace.

For more information on Boys' and Girls' Cross Country workouts, please email Coach Calcagno (dawncal1@me.com).

Dance: All workouts at Plunkett Athletic Complex

Varsity:	Mondays:	6:15-7:30 PM
	Tuesdays:	6:30-8:30 PM
	Wednesdays:	6:30-8:30 PM
	Thursdays:	6:30-8:30 PM
JV Dance:	Mondays:	5:30-7:30 PM
	Wednesdays:	6:30-8:00 PM

For more information on Dance, please reach out to Coach Caputo and Coach Makaris at ladyknightsdanceteam@gmail.com

---

Cheerleading:

The Cheer Team will hold a Virtual Info Session on Wednesday, June 17th at 6:00 PM. Email Coach Brittany at iccpcheerleading@gmail.com for the Zoom Link.

No prior cheer experience required

Subsequent workouts will be held at Plunkett Athletic Complex.

Mondays: 6:00-8:00 PM

Tuesdays: 6:00-8:00 PM

Thursdays: 6:00-8:00 PM

Golf:

Please reach out to Coach Sujack (dsujack@comcast.net) or Coach Quinn (QuinnJohnJ@gmail.com) to express interest and/or for more information on upcoming golf workouts.

Girls' Tennis:

We are currently conducting a search for a new head coach for our Girls' Tennis program. For more information or to express interest in joining the tennis program, please reach out to Athletic Director Mr. Fahey at mfahey@iccatholicprep.org.

Girls' Swimming:

We are currently looking to generate interest to grow a Girls' Swim program. In 2019-20, we had our first swimmer represent ICCP in the IHSA State Series! For more information or to express interest in joining the swim program, please reach out to Athletic Director Mr. Fahey at mfahey@iccatholicprep.org.