



## Questions and Answers Regarding Sports at North Central High School

### 2022-2023 School Year

North Central High School is proud of the opportunities it offers for student athletes. More than one third of the student body participates in some athletic program. NCHS is a member of the Indiana High School Athletic Association and sponsors full programs in most sports sanctioned by the IHSAA.

North Central is part of the Metropolitan Interscholastic Conference (MIC). Other schools in the conference are: Ben Davis, Pike, Lawrence Central, Lawrence North, and Warren Central.

#### **How are teams chosen?**

Prior to the beginning of the season, each sport holds a callout meeting for students. At this meeting, coaches review the rules of participation and season schedules. Typically these meetings are held after school and are announced through morning announcements.

North Central does its best to maintain a no-cut policy for a number of sports, including football, swimming, golf, tennis, cross country, wrestling, track and field, as well as the club sports of lacrosse and rugby. Sometimes it is necessary to limit the number of students on a team in order to provide appropriate coaching and proper supervision. *These decisions are made based on the number of students who attend the pre-season callout meeting and the first week of practice.*

#### **Who are North Central Coaches?**

A large number of our coaches are teachers from North Central or another school within Washington Township. Many of our coaches have competed at the collegiate level. All share a love of coaching and are eager to work with your son or daughter.

#### **What sports are available?**

Unless noted, all sports are offered for boys and girls. Freshmen teams are contingent on numbers and may become "C" teams with sophomores.

#### **Fall Sports**

Football: Varsity, JV, Freshmen  
Soccer: Varsity, JV, Freshmen  
Tennis Boys: Varsity, JV, Freshmen  
Cross Country: Varsity, Freshmen  
Golf Girls: Varsity, JV  
Volleyball: Varsity, JV, Freshmen  
Cheerleading: Varsity, JV

#### **Winter Sports**

Basketball: Varsity, JV, Freshmen  
Wrestling: Varsity, JV, Freshmen  
Swimming: Varsity, JV/Freshmen  
Cheerleading: Varsity, JV

#### **Spring Sports**

Baseball: Varsity, JV, Freshmen  
Softball: Varsity, JV, Freshmen  
Tennis Girls: Varsity, JV, Freshmen  
Golf Boys: Varsity, JV  
Track: Varsity, JV/Freshmen  
Rugby: Varsity, JV  
Lacrosse: Varsity, JV  
Boys Volleyball: Varsity, JV

#### **What about intramurals?**

Intramural programs with faculty supervision are available for basketball in the winter season and soccer in the spring.

#### **Is there a minimum GPA?**

Yes. All student athletes must be enrolled in classes equaling five or more credits to participate in sports during their season. This high standard pays off; student athletes learn discipline and time management skills that carry over to their academic work. In the 2022-2023 school year, team grade point averages will be above the school average in all three seasons. Inquire with the Athletic Department if you have questions.

**Visit our Website at [nchsathletics.com](http://nchsathletics.com). Select the athletic tab.**

Our athletic website has a great deal of information about our athletic program including real time schedules.

**What about summer opportunities?**

Summer team camps are open to all enrolled North Central students, including incoming freshman. Generally, these camps are held in June and July. Each camp lasts about four hours each day, up to 5 days. Participants need to complete the IHSA Physical available in the athletic office or online prior to participation. Reach out to coaches and check the [nchsathletics.com](http://nchsathletics.com) website for summer information.

**Are there required physicals?**

Yes. The IHSA and North Central both require a physical examination prior to participation in any school sport. This includes team camps, pre-season conditioning and the regular season. Please ensure all physicals and pages are completed and turned in to the Athletic Department.

**When do practices begin?**

These are the dates for the first official IHSA practices for the 2022-2023 sport seasons. Callout meetings are announced one to three months before the first official practice. In addition to these scheduled practices, virtually all sports have pre-season conditioning programs.

**Fall Sport Practice**

Football	August 1
Volleyball	August 1
Tennis - Boys	August 1
Soccer	August 1
Cross Country	August 1
Golf - Girls	July 29
*Cheerleading	TBD

**Winter Sport Practice**

Basketball - Boys	Nov 7
Basketball - Girls	Oct 17
Wrestling	Oct. 31
Swimming – Boys	Nov 7
Swimming – Girls	Oct 24
Cheerleading	TBD

**Spring Sport Practice**

Tennis - Girls	Mar 13
Track – Boys	Feb 13
Track – Girls	Feb 13
Baseball	Mar 13
Softball	Mar 6
Golf - Boys	Mar 13
Lacrosse	Feb 20
Boys Volleyball	Mar 13
Rugby	TBD

\*Cheerleaders are chosen in late April of 2023 for the 2023-24 school year.

**I have other questions. May I tour your facilities?**

Absolutely! If you have any questions about the North Central athletic program, please stop by and see us. We are extremely proud of North Central's athletic facilities and programs. Please call the athletic office to set up a meeting with a member of the Athletic Department staff or to arrange a tour. If you cannot stop by, please give us a call and we will be happy to assist you in any manner.

**Please feel free to contact us:**

We are generally in the office from 8:00 a.m. until 4:00 p.m. during the school week. During the summer, hours are less regular, so please call ahead.

Phone: (317) 259-5359

Our Website [nchsathletics.com](http://nchsathletics.com) Select the athletic tab.

Andy Elkins, Athletic Director  
Reilly Harmeyer, Asst. Athletic Director  
Sarah Groote, Athletic Secretary

Please reach out to the coach of the sport you are interested in to get on information lists and check our website for up to date information regarding practices and pre-season workouts and meetings.

## Coach Emails

Boodrasang, Wong	Girls Volleyball	Fall	coachwong@northcentralvolleyball.com
Waak, Lucas	Mens Tennis	Fall	Lwaakrhs@gmail.com
Diatta, Habib	Womens Soccer	Fall	hdiatta@msdwt.k12.in.us
Elliott Mills	Mens Soccer	Fall	emills@msdwt.k12.in.us
Hodes, Leo	Womens Golf	Fall	lhodes@msdwt.k12.in.us
Geile, Robert	Mens Cross Country	Fall	rgeile@msdwt.k12.in.us
O'Shea, Kevin	Football	Fall	koshea@msdwt.k12.in.us
Wallace, Chad	Womens Cross Country	Fall	cwallace@msdwt.k12.in.us
Mills, Rossi	Cheerleading	Fall and Winter	bmills@msdwt.k12.in.us
Gant, Kevin	Mens Basketball	Winter	kgant@msdwt.k12.in.us
Ramey, DeeAnn	Womens Basketball	Winter	dramey@msdwt.k12.in.us
Saylor, Josh	Swimming	Winter	jsaylor5@yahoo.com
Silverman, Lou	Wrestling	Winter	lsilverman@msdwt.k12.in.us
Bates, Phillip	Mens Lacrosse	Spring	northcentralhslacrosse@gmail.com
St. Louis, Rubin	Womens Lacrosse	Spring	coachstlouis@gmail.com
Haste, Mark	Womens Track and Field	Spring	mhaste@msdwt.k12.in.us
Hodes, Leo	Mens Golf	Spring	lhodes@msdwt.k12.in.us
	Womens Tennis	Spring	
Evans, Ariana	Womens Rugby	Spring	ncgirlsrugby@gmail.com
Kilcoyne, Chris	Mens Rugby	Spring	coachchrisncrugby@gmail.com
Geile, Robert	Mens Track and Field	Spring	<u><a href="mailto:rgeile@msdwt.k12.in.us">rgeile@msdwt.k12.in.us</a></u>
McClain, Andrew	Baseball	Spring	amcclain@msdwt.k12.in.us
Dabbs, Gina	Softball	Spring	ginadobbs17@gmail.com
Peresie, Chelsie	Mens Volleyball	Spring	cmperesie@msdwt.k12.in.us

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