

The background image shows a vast indoor sports facility. In the foreground, a blue running track with white lane markings is visible. Above the track, a large, curved blue structure, possibly a slide or a decorative architectural element, spans across the upper part of the arena. The ceiling is high and features a complex network of steel beams and numerous bright lights. The overall atmosphere is modern and spacious.

# Athletic Program Expansion

Presented on August 18th, 2025  
Michael Sitter, Athletic Director

# D301's Mission Statement

*Engage the mind  
Empower the learner  
Inspire excellence  
Influence the world*



## Activity/Club Update

For the 2025-2026 school year, CHS will pilot 8 new clubs. If the clubs demonstrate high levels of participation, they will become official clubs the following year.

DECA	STEM	Coding	Stick Club
HOSA	Esports	Chess	Debate/Speech

The Athletic Department has also created a Google form, which students can fill out to propose new clubs. This will be communicated to the student body at the start of the school year.



# Current High School Athletic Offerings

**In the 2024-25 school year, Central High School provided roughly 1,074 IHSA participation opportunities to our high school students.**

Fall	Winter	Spring
<ul style="list-style-type: none"><li>• BOYS CROSS COUNTRY</li><li>• BOYS GOLF</li><li>• BOYS SOCCER</li><li>• GIRLS CROSS COUNTRY</li><li>• GIRLS GOLF</li><li>• GIRLS VOLLEYBALL</li><li>• FOOTBALL</li></ul>	<ul style="list-style-type: none"><li>• BOYS BASKETBALL</li><li>• BOYS WRESTLING</li><li>• CHEERLEADING</li><li>• DANCE</li><li>• GIRLS BASKETBALL</li><li>• GIRLS BOWLING</li><li>• GIRLS WRESTLING</li><li>• BOYS BOWLING</li></ul>	<ul style="list-style-type: none"><li>• BASEBALL</li><li>• BOYS LACROSSE</li><li>• BOYS TRACK AND FIELD</li><li>• GIRLS LACROSSE</li><li>• GIRLS SOCCER</li><li>• GIRLS TRACK AND FIELD</li><li>• SOFTBALL</li></ul>



# Additional Sports Requests

Since July 1st, the Athletic Department has had parents, coaches and students reach out about adding the following sports at Central High School.

Fall	Winter	Spring
<ul style="list-style-type: none"><li>• GIRLS FLAG FOOTBALL</li><li>• GIRLS TENNIS</li><li>• GIRLS SWIMMING*</li></ul>	<ul style="list-style-type: none"><li>• BOYS SWIMMING*</li></ul>	<ul style="list-style-type: none"><li>• BOYS VOLLEYBALL</li><li>• BOYS TENNIS</li></ul>

\*Boys and girls swimming - at this time, the lack of district facilities and the difficulty in using outside facilities, makes this sport prohibitive.



# Athletic Expansion Process

**When Central High School looks to add additional athletic offerings, the steps below should be taken with internal stakeholders to analyze cost and identify potential barriers.**

1. Athletic Director approval
2. Principal approval
3. Superintendent approval
4. A formal budget request is prepared
5. Board of Education budget approval

# General Program Operation Overview

	Girls Flag Football	Boys Volleyball	Girls Tennis	Boys Tennis
<b>Season</b>	Fall	Spring	Fall	Spring
<b>Levels</b>	Varsity/JV	3 Levels	Varsity/JV	Varsity/JV
<b>Season Length</b>	10 weeks	12 weeks	12 weeks	12 weeks
<b>Max Amount of Games per IHSA</b>	25 dates	35 matches	20 dates	20 dates
<b>Anticipated Athletic Participants</b>	~20-25 students	~20-25 students	~35 students	~30 students
<b>Conference</b>	Fox Valley	*None	Fox Valley	Fox Valley



# Operating Costs

	<b>Girls Flag Football</b>	<b>Boys Volleyball</b>	<b>Girls Tennis</b>	<b>Boys Tennis</b>
<b>Equipment</b>	\$3000	\$1000	\$500	\$500
<b>Uniforms</b>	\$7500	\$9000	\$2500	\$2500
<b>Officials</b>	\$3600	\$3000	-	-
<b>Transportation</b>	\$2500	\$7100	\$3100	\$3100
<b>Coaches</b>	\$14,500	\$19,000	\$9500	\$9500
<b>Supervision</b>	\$850	\$1050	-	-



# Associated Concerns

## 1. Facilities

- Flag Football
  - Would require additional competition size football field for practices
  - Games would be played in the stadium, adding to the stress on the field
- Boys Volleyball
  - Adding 3 levels of boys volleyball would make all sports share practice space, leading to more late practices for all
- Tennis
  - Require 8-10 courts together on CHS property
  - McHenry High School built courts in 2020 at a cost of 2.2 million
  - Dundee Crown High School refurbished their courts this summer at a cost 1.1 million



# Associated Concerns, continued

2. Athletic training services
  - Additional strain on current trainer
  - Evaluate need for additional services
3. Transportation
  - We are struggling to meet our current needs as most drivers are not available until after 4pm, once school routes are complete

# | Questions?

