

ATTENTION REDBIRD ATHLETES

If you are interested in participating in Redbird Athletics for the 2023-24 school year, please read below for important information.

1

PHYSICAL PACKET

If a student intends to play sports for the Alton HS Redbirds, he/she must have a valid physical on file in the athletic office prior to participation.

- ✓ A valid **physical** filled out and signed by a doctor.
- ✓ IHSA Drug testing form, Consent/Waiver form & Alton Athletic participation form
- ✓ *Forms must be turned in to the AHS Athletic Office by the first day of team practice.*

FORMS

Forms can be downloaded off the internet at <https://www.altonathletics.org/> or picked up inside the athletic office.

4

Concussions

Concussions are common in sports. The Illinois High School Association (IHSA) believes that education of coaches, officials, athletes, and their parents or guardians are key to safely returning a student athlete to play. All student-athletes and parents need to read and familiarize themselves with the concussion protocol that will follow along with the RTP (Return to Play) procedures.

Concussion Info:

<https://www.altonathletics.org/main/filesLinks/>

5

SUMMER CAMP & SUMMER WORKOUTS

Summer camp information can be downloaded off the website under the "Summer Camp" tab. In addition to camps, many sports teams will have workouts/conditioning over the summer. Please contact the head coach of the sport your athlete may be interested in for dates, times and locations.

Dates and times are posted online!

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MARK YOUR CALENDAR 2023-2024

Aug. 7	Fall Sports 1st Day/Tryouts	
Oct. 14	AHS Homecoming	(Check website for times & locations.)
Oct. 23	Boys Bowling	
Oct. 30	Girls Basketball Tryouts	
Nov. 6	Boys Basketball/Wrestling	
Nov. 13	Girls Bowling	

NCAA Info for College Bound student-athletes:

<https://www.altonathletics.org/main/filesLinks/>

2

INSURANCE REQUIREMENTS

All athletes must have basic accident (medical) insurance coverage to participate in athletics. This information is to be provided on the physical form. If you do not have medical coverage, please call AHS Athletic Dept. for information regarding medical coverage

3

ADMIT CARDS (postcard size card)

Once an athlete has a physical packet on file in the Athletic Office, he/she is issued a ADMIT card. The athlete will then give this card to his/her coach in order to participate in practice/tryouts. Without this card, an athlete will NOT be able to participate.

Fall Cards may be picked up in the Athletic Office Mon., July 31 — Thur., August 3 from 8 AM to 5 PM.

<https://www.altonathletics.org/>



**GO
RED
BIRDS**

HEAD COACH CONTACT INFO

Athletic Director—Chris Kusnerick

618-474-6974 | ckusnerick@altonschools.org

Baseball — Scott Harper

618-474-2700 | sharper@altonschools.org

Boys Basketball — Dylan Dudley

618-474-1800 | ddudley@altonschools.org

Girls Basketball — Deserea Howard

618-474-1800 | dhoward@altonschools.org

Boys Bowling — Dave Meyer

618-474-1800 | drmeyer1987@gmail.com

Girls Bowling — Jaime Dwiggin

618-474-1800 | jdwiggin@altonschools.org

Cheerleaders — Megan Hodge

618-474-2700 | meganhodge@outlook.com

Boys & Girls Cross Country — Tammy Talbert

618-474-2700 | ttalbert@altonschools.org

Dance Team — Nina Smith

618-474-2700 | nivismith@yahoo.com

Football — David Parker

618-474-2700 | dparker@altonschools.org

Boys Golf — Dylan Dudley

618-474-2700 | ddudley@altonschools.org

Girls Golf — Mark Coy

618-474-2700 | mcoy@altonschools.org

Boys Soccer — Greg Nasello

618-474-1800 | gnasello@altonschools.org

Girls Soccer — Gwen Sabo

618-474-1800 | gsabo@altonschools.org

Softball — Dan Carter

618-474-2700 | dcarter@altonschools.org

Boys/Girls Swim & Dive — Nancy Miller

618-474-1800 | nmiller@altonschools.org

Boys Tennis — Jesse Macias

618-474-2700 | jmacias@altonschools.org

Girls Tennis — Jesse Macias

618-474-2700 | jmacias@altonschools.org

Boys Track & Field — Jeff White

618-474-2700 | jwhite@altonschools.org

Girls Track & Field — Chelsea Anderson

618-474-2700 | canderson@altonschools.org

Boys Volleyball — Jenna Wiedman

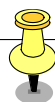
618-474-1800 | jmschmidt1201@gmail.com

Girls Volleyball — Mike McBrien

618-474-1800 | mmcbrien@altonschools.org

Wrestling — Eric Roberson

618-474-2700 | eroberson@altonschools.org



Alton High School Athletic Department

The Alton Athletic Webpage is a great source of information for student-athletes, parents, fans, teachers, etc. Check out the webpage at : <https://www.altonathletics.org/>

- Team Schedules
- Team Pictures & Rosters
- Directions & Facility locations
- Forms, Photos, & News Stories

Athletic Trainer—Andy Renner

618-474-2700 | arenner@altonschools.org



AHS Twitter

Follow Alton Athletics on Twitter at:

[https://twitter.com/
AltonAthletics](https://twitter.com/AltonAthletics)



{save the date}

**Mark your calendar so you don't miss
the Red/Grey Scrimmages
*Fall Sports Introductions***

***Friday, August 18, 2023 Public School Stadium &
West Elementary***

Visit the website <https://www.altonathletics.org/>
for more details

(Fall team Pictures will be taken this ay too)

ATHLETIC OFFICE

4200 Humbert Road

Alton, IL 62002

P. (618) 474-6974 | F. (618) 462-3826

