

Lake Forest High School 2010-2011 Fall Sports tryout dates

YOU ARE PROHIBITED to tryout or practice without the following on file in the Ath. office

1. current physical examination
2. Athletic Participation Card (APC)(pink-so,jr,sr & green-fr.)
3. Emergency Form

**Dr. Chams & Dr. Crovetti will be offering sports Physicals *Aug. 10th & 11th .. Time: 5:00 p.m. @ East
CONTACT >> Jen Regan 582-7397 or *email jregan@lfschools.net for an appt. (Flyer enclosed)**

Fall tryouts may begin on WEDNESDAY, AUGUST 11, 2010*

>>>>>>>>> All athletes are expected to attend tryouts <<<<<<<<<<<

***School begins August 23rd (all students) (Freshmen 8/20/10)**

All Athletes should bring practice clothes and **BE PREPARED TO PRACTICE.**

YOUR COACH WILL INFORM YOU OF FUTURE PRACTICE TIMES.

BOYS

FOOTBALL Wed., August 11th

Athletic Campus

All Levels Time: 2:30 – 7:30

(Athletes should bring a snack between session breaks)

Meet the Coaches – Parent Meeting on Thursday,
August 12th, 7:30 p.m. @ West Campus Gym.
Be sure to attend – it's mandatory

SOCCER Wed., August 11th & 16th

Athletic Campus

Varsity & JV – 11th Time: 5-8 p.m.

Soph & Frosh- 16th Time: 5-8 p.m.

Bring cleats, shin-guards, running shoes & water bottle

Parent Meetings – Saturday, August 21st, Times TBA

CROSS COUNTRY Wed., August 11th

Varsity – 11th thru 14th 8:00 a.m.

All Levels – 16th East – Time: 3:30

Meet @ the track

Parent Mtg. 18th 6:30pm @ East

GOLF Wed., August 11th

**MUST Sign-in at the LFHS Athletic Office starting
August 2nd . All paperwork must be turned in.**

Tryout times and details will be available at that time.

Place: Lake Bluff Golf Course

Tryout fee required to Lake Bluff Golf course

GIRLS

FIELD HOCKEY Wed., August 11th

East Campus - Front Lawn 9:00am-Noon

Bring stick, shin-guards, mouth-guard, running shoes and cleats.

Mouth-guards are mandatory! No Exceptions!

VOLLEYBALL Wed., August 11th

East Campus

Frosh/Soph – 9-Noon

Varsity – 8-11:00a.m.

SWIMMING Wed., August 11th

Meet on the Pool Deck Time: 3:30

(Bring – running clothes, shoes, suits, cap & goggle)

TENNIS Wed., August 11th

Athletic Campus – tennis courts

Fr./JV Time: 9-11

Varsity 8-9:00a.m.(conditioning) & 3-5pm (tennis)

Varsity must attend both sessions!

CROSS COUNTRY Wed., August 11th & 16th

Athletic Campus -

Varsity – 11th thru 14th 8:00am

15th Midnight run (camp out) 6 pm

Lower Level – 16th 8:00 am

Meet @ West Campus -back parking lot (by shed)

Parent Mtg. 18th 6:30pm @ East

GOLF Mon., August 16th

Place: Lake Bluff Golf Course - 2:30 pm

IHSA Eligibility: In order to be eligible to compete in interscholastic Athletics, a student must have passed a minimum of 2.0 units of credit the previous semester and be enrolled, attending and passing courses that will generate 2.0 units of credit the current semester.