

# Lake Forest High School 2011-2012 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

**LFHS Team Doctors: Dr. Chams & Dr. Croveti will be offering sports Physicals \*Aug. 9<sup>th</sup> & 10<sup>th</sup>. Time: 5:00 p.m. @ East CONTACT > > Jen Regan 582-7397 or \*email [jregan@lfschools.net](mailto:jregan@lfschools.net) for an appt. (Flyer enclosed)**

**Fall tryouts may begin on WEDNESDAY, AUGUST 10, 2011\***

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

**\*School begins August 22<sup>nd</sup> -all students / \*Freshman Orientation - 8/19/11**

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

**YOUR COACH WILL INFORM YOU OF FUTURE PRACTICE TIMES.**

## **BOYS**

### **FOOTBALL Wed., August 10<sup>th</sup>**

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 11<sup>th</sup>, 7:30 p.m. @ West Campus Gym.  
Be sure to attend – it's mandatory**

### **SOCCER Wed., August 10<sup>th</sup> & 15<sup>th</sup>**

Athletic Campus

**Varsity & JV – 10<sup>th</sup> Time: 5-8 p.m.**

**Soph – 15<sup>th</sup> Time: 8-9 a.m. & 5-8 p.m.**

**Frosh – 15<sup>th</sup> Time: 5-8 p.m.**

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

Parent Meetings – Saturday, August 20<sup>th</sup>. Times TBA

### **CROSS COUNTRY Wed., August 10<sup>th</sup> & 15<sup>th</sup>**

Athletic Campus

**Varsity – 10<sup>th</sup> thru 14<sup>th</sup> 8:00 a.m.**

**All Levels – 15<sup>th</sup> East – Time: 8:00 a.m.**

Meet @ the track

**Parent Mtg. 16<sup>th</sup> 5:30pm @ East**

### **GOLF Wed., August 10<sup>th</sup>**

**MUST Sign-in at the LFHS Athletic Office starting August 1<sup>st</sup>. 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 10<sup>th</sup>**

East Campus

**All Levels Time: 9:00am-Noon**

Stick, shin-guards, mouth-guard, running shoes and cleats. Mouth-guards are mandatory!

No Exceptions!

### **VOLLEYBALL Wed., August 10<sup>th</sup>**

East Campus

**Frosh/Soph Time: 9-Noon**

**Varsity Time: 8-11:00a.m.**

### **SWIMMING Wed., August 10<sup>th</sup>**

East Campus

**Meet on the Pool Deck Time: 3:30**

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

### **TENNIS Wed., August 10<sup>th</sup>**

Athletic Campus

**Fr./JV Time: 9-11**

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

**Varsity must attend both sessions!**

### **CROSS COUNTRY Wed., August 10<sup>th</sup>**

East Campus

**All Levels Time: 7:00 a.m.**

**Midnight run (East) Aug. 14<sup>th</sup> (camp out) 6 pm**

### **GOLF Mon., August 15<sup>th</sup>**

**Place:** Lake Bluff Golf Course - 2:30 pm

**All paperwork must be turned in.**

Tryout fee required to Lake Bluff Golf course

**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.