

# LAKE FOREST HIGH SCHOOL

## Parent-Athlete Handbook & Scout Trails



# LAKE FOREST HIGH SCHOOL ATHLETIC DEPARTMENT

## Mission Statement

Building on our foundation of outstanding students, talented staff and extraordinary community resources, our mission is to prepare graduates to be among the best in their chosen fields of endeavor and to be productive contributors to society by inspiring a passion for life-long learning and challenging all students to discover and maximize their abilities through partnership that engages the entire community. Adopted 03-04.

## Philosophy

Within Lake Forest Community High School District #115, we believe that a dynamic program of student activities is vital to the educational development of the student. Among these activities, athletics is considered to be an integral part of the total education process. The athletic program should provide experiences, which promote the development of positive attitudes and habits in our student-athletes. We consider participation in interscholastic athletics to be a privilege, and while we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score.

The athletic program must always conform to policies established by Lake Forest High School and the Constitution and By-laws of the Illinois High School Association.

## Goals

1. To encourage the value and enjoyment of participating and striving for excellence;
2. To provide athletes an opportunity for physical and psychological development in a wholesome and competitive program;
3. To develop and improve citizenship, leadership, sportsmanship and teamwork; and
4. To realize that these young women and young men are both students and athletes, and that the athletic program must always be kept in balance with academic goals.

## Objectives

1. To develop programs that will encourage broad participation, enhance school spirit and generate a feeling of unity among the student body, faculty and community.
2. To strive for program excellence that will produce competitive teams.
3. To provide opportunities for student-athletes to develop their confidence, self-image and leadership skills.
4. To instill a desire to succeed and excel.
5. To help students realize the rewards of hard work, practice and sacrifice.
6. To develop self-discipline and emotional maturity in learning to make choices under competitive pressure.
7. To promote the value and importance of teamwork, good sportsmanship, loyalty and a sense of fair play.
8. To develop special physical skills in the athletic activity of each student's choice, acknowledging that those skills offer extended opportunity for college, professional and associated careers.
9. To develop an appreciation of the need for and enjoyment of physical activity that will carry over to recreational involvement as a lifetime pursuit.

Lake Forest High School Athletic Committee  
August, 1996

## LAKE FOREST HIGH SCHOOL ATHLETIC DEPARTMENT POLICIES & PROCEDURES

### Changing Sports

If a coach cuts a student from a team the student may tryout for another team or program in that sports season, provided that tryouts for the second sport have not been concluded. An athlete who quits one sport to join another (in-season) may do so, as long as the new coach agrees to accept the athlete.

### Cut Policy

In some sports, cutting a team down to manageable size is necessary. Each of Lake Forest's sports programs will have its own policy on choosing teams, but all sports should use these principles as determinates for squad retention: talent, ability, potential, attitude, attendance, discipline. Athletes should be reminded that they are evaluated on a daily basis.

### Athletic Forms

Students who choose to try out and compete on an interscholastic team must have a current physical form, Athletic Participation form, Steroid consent form, code of conduct form and emergency form on file BEFORE they are eligible to try out for a team. These forms are mailed yearly to all students.

### Practices: Vacation/School Closing

All team members are expected to attend all practices and tryout days. During all three sports seasons, practices are regularly scheduled during times when school is not in session. Practice schedules are determined by the coaching staff and coaches decide who plays. We strongly request that arrangements be made to ensure that the athletes attend all practices and games during vacation periods. It is understandable that athletes who practice or compete during this time will likely move ahead of those who are not present. All athletes should be cognizant of their commitment to both their coaches and teammates.

Written or verbal communication must be made with the head coach of the program by the athlete's parent prior to any missed practices or games due to extraordinary circumstances.

It is also assumed that athletes will be diligent when it comes to honoring their commitment to attend practices and contests during times when school is in session. The Athletic Department does not condone missing school under any circumstances except family emergencies.

### **Training Room, Injuries, Insurance**

Our training room provides athletes with equipment and facilities to prevent injuries and to provide first aid treatment. Please do not consider the training room a lounge or meeting place. Go there only when necessary. Do not carry training supplies out of the room. Please do not use supplies to repair equipment or uniforms. We need your cooperation to keep the appearance of the training room neat and orderly. Students are expected to notify their coach when using the services of the trainer.

The School District does NOT have a policy insuring students against accidents and injuries while participating in any student activities. However, an Accident Insurance Plan is available for purchase.

### **Equipment**

An athlete is responsible for each item of equipment issued to him/her. Everything issued is recorded.

If you are found to have unauthorized equipment, it will be taken from you and disciplinary action may be taken.

Please do not abuse your equipment. Considerable money is expended to supply the best; we hope you will take pride in it. Hang up your equipment and see that it is exchanged and cleaned as directed. Wear it ONLY at authorized Lake Forest contests or practices unless approved by the coach.

No one is allowed to enter equipment rooms except when personally supervised by the equipment manager.

### **LFHS Sports Uniform Deposit**

A refundable \$75 fee is collected for all athletes as a uniform deposit at the beginning of each season (football, Cheer and Pom fee is \$150). This check needs to be written to LFHS and is returned when ALL issued equipment and uniform items are returned. If items are not returned, the athletic department will deposit your check. An invoice will be mailed home if needed to cover the replacement cost of items that exceed the \$75 deposit.

A specific uniform distribution date is set for each sport once the roster is complete. Athletes need to bring the \$75 check to the date set by the coach.

The uniform deposit must be a separate check. Athletes are billed separately –see Sports Participation Fee below.

### **Sports Participation Fee**

There is a sports participation fee of \$195.00 per sport which will be invoiced to the student's home once student makes the team roster. Family Cap \$780.00. Fees can be paid online at [www.lfhs.org](http://www.lfhs.org). Questions, please contact our student fee department at 847-604-7437, LFHS West Campus, 300 S. Waukegan Rd., Lake Forest.

### **Transportation Policy**

Please be aware of the policies about transportation of student athletes to and from Lake Forest competitions.

1. Lake Forest provides transportation to and from all athletic contests and all athletes are required to utilize school transportation. Athletes may not participate in an away contest if they drive themselves to the event, or if they use alternate transportation without prior permission of the Athletic Director.
2. Most of our transportation is provided through Olson Bus Company. Lake Forest High School also uses 15 passenger and school vans. Only coaches and salaried employees may drive vans, meeting the requirements established by the Board of Education.
3. Bus drivers are not allowed to stop at residential streets or make other intermediate stops to allow students to leave the bus because they might be closer to home. Students are expected to ride the bus back to school.
4. In extenuating circumstances, parents may need to drive their own children to or from a contest, coaches will require notification of such instances. Such arrangements are not encouraged.
5. If a student, again in extenuating circumstances, needs to ride with another student's parents to or from a contest, a written request will be required and must be approved through the Athletic Director. Such arrangements are not encouraged.
6. When traveling to away activities, athletes must remember that they represent LFHS and should dress and act appropriately. Coaches may direct athletes as to what actions and dress requirements are expected.

### **Attendance**

Daily attendance to school and practice is expected. The Lake Forest High School Attendance Policy as stated in the Student-Parent Handbook applies to all extra-curricular activities. Students will attend all scheduled classes the school day in which they participate in extra-curricular activities. It is the responsibility of all coaches to check the attendance lists and not allow students to compete if they have not met the requirements of attendance.

## **Athletic Academic Eligibility**

### **Scholastic Standing-IHSA**

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

### **Eligibility Procedures**

The athletic office pulls grades every Thursday from Power School. Grades are again verified on Friday. On Friday at 3:10, letters are mailed home that will affect the following week (Monday – Saturday).

- 1st offense> (week one)
  - Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director
  - Student will attend mandatory study tables Mon-Thurs 3:10-4:00. May attend practice/games after 4:00. Check with coach on expectations.
  - Athlete will not be able to participate in contests that week (M-Sat.)
- 2nd consecutive offense> (week two)
  - Same as above
- 3rd consecutive offense> (week three)
  - Same as above
  - Including a Team Suspension. At this time, NO games and NO practice will be allowed.
  - Athlete has one more week to pull their credits up to a 2.0.
- 4th consecutive offense> (week four)
  - After four consecutive weeks, if the athlete is still not passing, the athlete will be removed from the team. All PE requirements will need to be addressed and will be the athlete's responsibility to make up any classes. Also, the athlete will be unable to attend the end of season team banquet and will not finish the season on the final roster.

*If an athlete is ineligible one week, but gets their grades above the 2.0 weekly credits, the following week without reaching 4 consecutive weeks, they are reset to 1st offense status. (ie; ineligible weeks 1 & 2, grades ok week 3, returned to eligible status, ineligible week 4- this would be treated as a new 1st offense.)*

### **Coeducational Interscholastic Competition**

The Board of Education of Lake Forest High School is committed to ensuring equal athletic opportunities for both sexes. In order to equalize such opportunities, as a general rule only boys will be allowed to participate on boys' teams and only girls will be allowed to participate on girls' teams. Boys and girls may not compete on the same interscholastic team when there are teams for both boys and girls in the same sport or on teams playing contact sports including football, wrestling, baseball, basketball, field hockey, soccer and softball.

The District will review requests for participation on a team of the opposite sex on an individualized basis where the involved sport is not a contact sport and separate boys and girls teams do not exist for that sport. In evaluating such requests, the District will consider the availability of athletic opportunities generally for members of both sexes and will grant the request only if it finds that athletic opportunities have been limited for students of the same sex as the requesting students.

### **Athletic Passes**

Lake Forest High School students may purchase student activity cards at the beginning of the school year. This pass can be used for admission to all Lake Forest High School athletic events. Parents that are "Super Scout" members of the LFHS Booster Club are allowed free admission to home LFHS Athletic Events when the pass is presented at the door or gate.

The I.H.S.A. establishes admission prices for all levels of I.H.S.A. State Tournaments. LFHS Activity Cards and Booster Club "Super Scout" passes are not valid for these events.

### **Athletic Rosters/Schedules**

Team Rosters and athletic schedules are available on-line at [www.lfhs.org](http://www.lfhs.org)

### **Ice Hockey**

The Hockey team is not sponsored by LFHS, it's an affiliated program. The team is run through the Lake Forest High School Hockey Club. Student-athletes interested in participating in the program should forward their questions to the club or at the website for the club: Boys Ice Hockey: [www.scouthockey.com](http://www.scouthockey.com), Girls Ice Hockey: [www.hometeamsonline.com](http://www.hometeamsonline.com)

## Intramural Activities

Intramurals are open to all students with the exception of “in-season” athletes who may not participate in their same sport (i.e. a member of an interscholastic basketball team may not be on an intramural basketball team). Different activities are scheduled throughout the year.

## Weight Room

The weight room is supervised and open to high school students during the school year Monday – Thursday from 3:30-5:00 pm. Students are not allowed to use the weight room or the gyms unsupervised. This procedure is strictly enforced.

## Weather Related Cancellations

If there are weather related cancellations for athletic contests, every attempt will be made to announce the cancellation by 2:00 pm the day of the contest. Information regarding cancellations will be updated on our website. Coaches will determine practice times on days of cancellations. In the case of school closing due to weather, coaches may hold practices. This information would be available through the coach.

## Instant Alert

### Instant Alert Parent Instructions

Go to the District 115 website ([www.lfhs.org](http://www.lfhs.org)) – click on “Instant Alert” or the Honeywell Instant Alert for Schools website <https://instantalert.honeywell.com>. IF YOU HAVE CREATED AN INSTANT ALERT LOGIN NAME AND PASSWORD FOR DISTRICT 67 OR ANY OTHER SCHOOL DISTRICT, YOU MUST CREATE A DIFFERENT LOGIN NAME AND PASSWORD FOR DISTRICT 115.

*If you have already created a Login Name and Password, simply enter this information to access the system.*

### First time users only

1. Click on ‘Parent’ in the New User box.
2. Complete the student form for any of your children attending District 115 (fields marked with \* are mandatory). Click ‘Submit.’
3. Complete the corresponding screen. Click ‘Submit.’
4. After receiving the Confirmation message, click ‘Proceed’ to get started with Instant Alert.
5. Note: Remember your Login Name and Password as you must use it to update your profile.

### View and check details about yourself and your family members

1. Upon successful login, click on ‘My Family.’
2. Click on a parent name to view and edit parent details.
3. Click on a student name to view details about your children enrolled in District 115. This information will roll over from year to year.

### Configure alert settings for yourself

1. Click on “Alert Setup.”
2. Click on the check boxes to select which alert type you would like to have sent to which device. Click on ‘Save’ when complete.
3. If you would like to add another contact device, select the device type and enter the device details. Select the person to whom the device belongs and click on ‘Add.’
4. For e-mail, text messaging and pagers you may send yourself a test message. Click on ‘Send Test Message’ to send yourself a message.

### View History of Alerts

Click on ‘Alert History’ to view Alerts that have been sent to you.

Use the calendar icons and ‘Alert Type’ list to filter the Alerts. Configure your contact information to receive information about:

1. **All** – Announcements for ALL the categories listed below.  
*(This checkbox only appears on your Email Alerts List.)*

Alerts List							
<input type="checkbox"/>	Email	All	School Closing	High Importance	Transportation	Activities	General
<input type="checkbox"/>	anne@email.com	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
		1	2	3	4	5	6

2. **School Closings** – School Closings, late start school day, or other weather-related or emergency situations. It is important that you select your primary phone number in this category in addition to any other contact devices you may choose.
3. **High Importance** – Configure your information the same way you would for “School Closings.”
4. **Transportation** – Bus-related announcements or emergencies.
5. **Activities** – Announcements regarding after-school activities such as sports, clubs, performances, including non-emergency cancellations or changes. In addition to your email, you may wish to register your student’s email in this category.
6. **General** – All announcements regarding school day events/academic classes. In addition to your email, you may wish to register your student’s email in this category.

For Assistance: [InstantAlertHelp@Honeywell.com](mailto:InstantAlertHelp@Honeywell.com)

## **Fundamentals of Good Sportsmanship**

### **Goals and Expectations**

Participation in athletic activities is a privilege.

As representatives of Lake Forest High School, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times.

It is the goal of Lake Forest High School to provide all students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trustworthiness, caring and good citizenship.

The skills of good sportsmanship and proper behavior are learned by engaging with others, modeling good behavior and by careful instruction. It is the responsibility of the administration, staff, coaches, parents and the community at large to create a climate that fosters the development of these skills by encouraging and modeling positive and appropriate behavior within the sporting environment while striving for excellence.

Expectations for the behavior of athletes, coaches, and parents at athletic contests, practices and events are outlined below.

### **The Athlete**

Student athletes who choose to participate in any sport must agree to read, sign and abide by the athletic code of conduct as a condition of participation.

The code of conduct establishes high expectations and standards for all participating student athletes. These expectations embody a total lifestyle approach with emphasis on respect for self, others and property, loyalty to self, teammates, coaches and school, support for the ideals of true sportsmanship, and maturity to fully accept all choices made and the consequences they carry.

The effectiveness of this code depends on a collective commitment from students, parents and school personnel, and a proactive, positive approach to prevention and assistance. Athletes will be governed, at the minimum, by the Athletic Department training rules. Each head coach may establish additional rules for his/her team regarding curfew, attendance, personal conduct and personal appearance.

The full text of the athletic code of conduct, including consequences for violations is available on the website at [www.lfhs.org/athletics](http://www.lfhs.org/athletics) and in this publication.

### **The Coach**

Coaches are required to abide by the following code of expectations:

- I will encourage good sportsmanship by demonstrating support for all athletes, coaches and officials at all games, practices and other events.
- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual and do my best to provide a safe environment for all players.
- I will teach my athletes to play by the rules and to resolve conflicts with civility and without resorting to hostility or violence.
- I will be knowledgeable in the rules of each sport that I coach and I will teach these rules to my players.
- I will do my best to ensure that the sport is enjoyable for my players and remember that the game is for the athletes and not the adults.
- I will be a positive role model for my players and not engage in any unsportsmanlike conduct with any official, coach, player or parent. I will treat everyone with respect and civility.
- I will demand a drug, tobacco and alcohol-free sports environment from my players and refrain from their use at all events.
- I will establish open lines of communication with players and their parents so everyone understands expectations and can express concerns.

Coaches are also expected to communicate to athletes and parents their coaching philosophy, expectations for all team members, locations and times of practices/contests, team rules and requirements, emergency procedures in case of injury and consequences for violations of rules.

*Failure to meet these expectations will result in disciplinary action or dismissal.*

### **The Parent**

Parents of student athletes are required to abide by the following code of expectations:

- I will encourage good sportsmanship by demonstrating support for all athletes, coaches and officials at every game, practice, or other athletic event.
- I will place the emotional and physical well being of my child and other student athletes ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will not encourage any behaviors or practices that would endanger the health and well being of athletes.
- I will treat other players, parents, coaches, fans and officials with respect and refrain from verbal indignities.

- I will teach my child to play by the rules and to resolve conflicts with civility and without resorting to hostility or violence.
- I will respect the coaches and officials and their authority during games and will not question, discuss or confront coaches at the game site.
- If I have issues or concerns to discuss, I will take time to speak with the coach at an agreed upon time and place.
- I will do my best to ensure that the sport is enjoyable for my child and remember that the game is for the athletes and not the adults.
- I will demand a drug, tobacco and alcohol-free sports environment for my child and refrain from their use at all events.

*Failure to meet these expectations will result in disciplinary action. Consequences may include: removal from the practice/contest/event, written reprimand, one game suspension, season suspension or one year suspension.*

**Athlete/Parent/Coach Communication**

The LFHS Athletic Department encourages open communication among athletes, parents and coaches. Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time.

Note to parents: Appropriate concerns to discuss with the coach include mental or physical treatment of your child, strategies for improving your child’s performance and behavior issues affecting your child.

Issues not appropriate for a parent to discuss with coaches include playing time, starting positions, team strategy, play calling and other student athletes.

**Conflict Resolution Process**

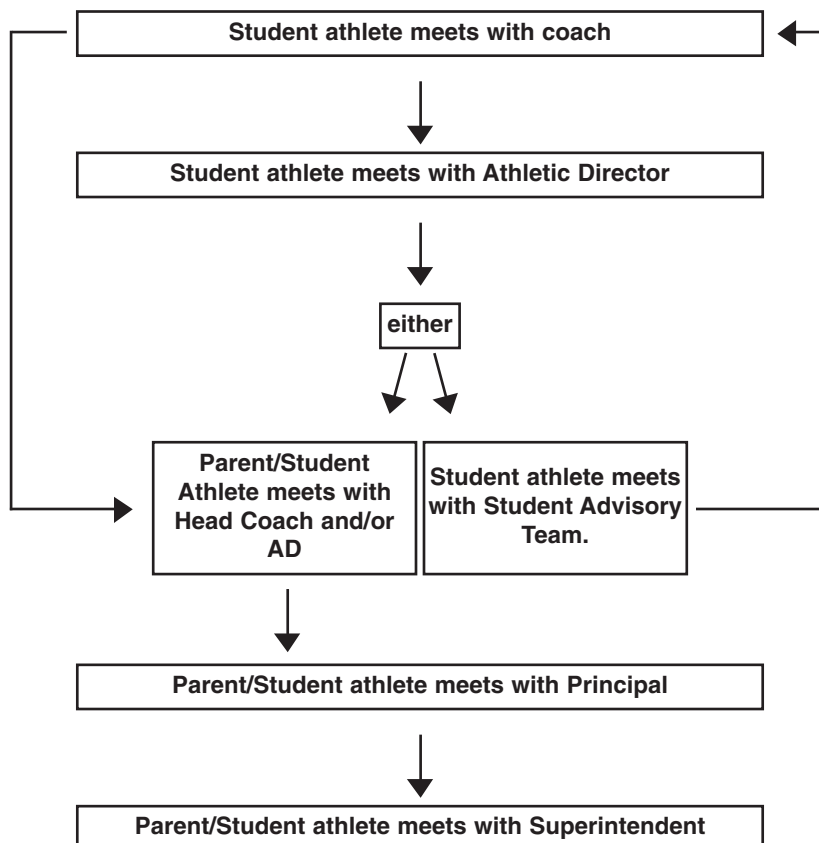
Although it is desirable for concerns to be addressed initially between athletes and coaches, occasionally, situations arise where conflicts are not resolved by this interaction. The District has established a conflict resolution process for these types of athletic concerns.

Athletes or their parents should first seek to resolve disagreements with the coach. If issues remain unresolved, the matter should move to the Athletic Director for mediation and further discussion. If resolution is still unreachable, the athlete may enlist the aid of the Student Advisory Team who will meet with the athlete and the Coach. Issues still unresolved will go to the AD and the head coach. The Principal and Superintendent will become involved only after the parent and athlete have followed the prescribed procedure. The athlete may invite an advocate to attend these meetings at any step of the process. A list of possible invitees is included on the conflict resolution chart. A copy of this chart follows.

**Conflict Resolution Process Chart For Athletic Concerns**

Ideally, issues should be resolved between the athlete and the coach.

If a situation remains unresolved it should proceed through the following sequence and reach resolution at the earliest level.



Possible invitees to any of the above meetings may include: Guidance Counselor, IEP Case Manager, Dean, Social Worker, Other Coaches, School Psychologist, 504 Coordinator, Nurse, Student Resource Officer, Other Administrator or Teacher

### **Celebrations**

While athletes, coaches and fans are excited in victory, Lake Forest H.S. recognizes that certain types of celebrations may be disrespectful or dangerous. Lake Forest H.S. Athletic Department encourages appropriate celebrations and discourages student-athletes “piling on” one another as a form of celebrating victory.

### **Lake Forest High School Booster Club**

The Lake Forest High School Booster Club supports and encourages the athletic, social and other extracurricular activities of Lake Forest High School students. It also provides moral and financial support to encourage and enlarge extracurricular activities for the benefit of all students.

Numerous opportunities exist to participate in the LFHS Booster Club. Information about membership, the Team Mom Program and other activities sponsored each year is sent home annually.

The Lake Forest High School coaching staff recognizes the importance and value of the Booster Club’s support and encourages all parents to be a part of this organization.

### **North Suburban Conference**

Lake Forest High School is a member of the North Suburban Conference (NSC). The conference is responsible for establishing guidelines for all sports, which may be stricter than the IHSA guidelines. Within the conference, the guidelines are monitored by member schools, and are always based on “What is best for the student-athlete.”

Current members of the North Suburban Conference are:

#### **Lake Division**

Lake Forest High School  
Lake Zurich  
Libertyville High School  
Mundelein High School  
Stevenson High School  
Warren High School  
Zion-Benton High School

#### **Prairie Division**

Antioch High School  
Grant High School  
Lakes Community High School  
North Chicago High School  
Round Lake High School  
Vernon Hills High School  
Wauconda High School

Lake Forest participated in the following sports represented by the North Suburban Conference:

#### **Boys**

Football  
Soccer  
Cross Country  
Golf  
Basketball  
Wrestling  
Swimming & Diving  
Baseball  
Tennis  
Track & Field  
Water Polo  
Volleyball

#### **Girls**

Golf  
Cross Country  
Tennis  
Swimming & Diving  
Volleyball  
Gymnastics  
Basketball  
Cheerleading  
Soccer  
Softball  
Track & Field  
Water Polo

Additional sports that are offered at LFHS, not affiliated with the North Suburban Conference include: Girls Field Hockey, Girls Badminton and Boys and Girls Lacrosse.

# There is an opportunity for every student to participate!

## 2010-2011

### SPORT SEASON START DATES

#### Fall Sports

<u>Sport</u>	<u>Starting Date</u>	<u>Cut</u>
Boys' Cross Country	8/11	yes
Boys' Football	8/11	no
Boys' Golf	8/11	yes
Boys' Soccer	8/11	yes
Girls' Cross Country	8/11	yes
Girls' Golf	8/11	yes
Girls' Field Hockey	8/11	yes
Girls' Swim & Dive	8/11	yes
Girls' Tennis	8/11	yes
Girls' Volleyball	8/11	yes
Cheerleading	8/11	yes
Pom Poms	8/11	yes

#### Winter Sports

Boys' Basketball	11/8	yes
Boys' Swim & Dive	11/22	yes
Boys' Wrestling	11/8	no
Girls' Basketball	11/1	yes
Girls' Gymnastics	11/8	yes

#### Spring Sports

Boys' Baseball	2/28	yes
Boys' Lacrosse	2/28	yes
Boys' Tennis	2/28	yes
Boys' Track	1/17	yes
Boys' Volleyball	3/7	yes
Boys' Water Polo	2/28	yes
Girls' Badminton	2/28	yes
Girls' Lacrosse	2/28	yes
Girls' Soccer	2/28	yes
Girls' Softball	2/28	yes
Girls' Track	1/17	yes
Girls' Water Polo	2/28	yes

Starting dates for sports are determined by the Illinois High School Association (IHSA). Information regarding eligibility, residency, transfers, etc. is published in the Student-Parent Handbook and calendar, which is updated and distributed annually.

All practice sites/times are determined by the LFHS coaching staff. These sites/times are available from the coach, the athletic office or online at [lfhs.org/athletics](http://lfhs.org/athletics)

# **WANT TO PLAY A SPORT? THINGS YOU SHOULD KNOW.**

- **How do I sign up for a sport?**

*Go to your counselor's office AND the Athletic office to sign up.*

*Once I sign up does that mean I made the team? NO*

- **What kind of paper work will I need to turn in?**

*Five different things: (Mailed out in June)*

*- Athletic Participation Card (Green-Freshman/Pink-Soph., Jr., Sr.)*

*- New Code of Conduct*

*- IHSA Steroid form*

*- Emergency Contact form*

*- Physical – current*

*If I don't have all my forms in, I can still tryout--right? NO*

- **How much will this cost?**

*Once a student-athlete is rostered (made the team):*

*- \$75.00 uniform fee deposit is required and will be returned upon return of issued uniform. Some sports require more than \$75.00 if more equipment is required.*

*If I don't pay my uniform fee, will I still get one? NO*

*- \$195.00 per sport is the fee that must be paid in full upon receiving the bill from the Business Office--usually, two weeks within the season.*

*If I don't pay my sports fee, can I try out for another sport? NO*

- **Are all practices @ the High School (East Campus)?**

*No, many of our sports hold their practices at West Campus.*

- **How do I get to West Campus?**

*If you are a licensed driver, you may drive.*

*If you don't have a license, we have shuttle buses that leave from East Campus and go to West for drop off only. Athletes should make arrangements for pickup. Check with your coach on days and times shuttle buses run.*

**Any other questions? Please refer to our Parent Handbook. It covers everything you need to know. The Parent Handbook is available on line at [www.lfhs.org](http://www.lfhs.org) click on Athletics/click on Parent Handbook.**

**Thank you for your interest in interscholastic sports**

## **MOST OFTEN ASKED QUESTIONS ABOUT THE LFHS ATHLETIC PROGRAM**

Q: How do we find out about tryouts?

A: Starting dates are listed in this booklet. Information is also posted on our website [www.lfhs.org](http://www.lfhs.org).

Q: How big of a commitment is participating in interscholastic athletics?

A: BIG!!! Teams will practice or compete each day during the season, including Saturdays. Students should plan on a six-day a week commitment.

Q: Can our family go on vacation during the sports season? If our son/daughter does go on vacation are they penalized?

A: Teams do practice and compete during winter and spring break. Those going on vacations may miss competitions after they return because some have earned and deserve the opportunity to play while others were gone. Family vacations (winter or spring) during freshman year are not that unusual. After freshman year, the competitive level of play becomes keener and the need to be here during break is important.

Q: Are cheerleading and pompons part of the athletic program and can you be in a sport at the same time?

A: Cheerleading and Pompons are a part of the athletic program at LFHS. Students participating on Cheerleading and Pompon squads are not allowed to participate on other teams during their season.

Q: If my son/daughter is ill and at home during the day can he/she come to school just for practice or competition?

A: No. If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice or competition. Please leave a message for the coach on their voice mail.

Q: If my son/daughter is injured and can't participate, are they expected to be at practice/contests?

A: Yes. They are a part of the team. There is always something to be learned from attending the practice and though injured, the student has a role and responsibility with the team.

Q: Can my son/daughter play more than one (1) sport per season?

A: No.

Q: Whom do I contact if I have any more questions?

A: Please contact the head coach for concerns regarding a specific sport. General questions with regard to the athletic department at LFHS should be directed to the Athletic Director.

## **INTERSCHOLASTIC SPORTS AWARDS AND HONORS**

ALL ATHLETES SHALL RECEIVE THE INDICATED AWARDS IF THEY COMPLETE THEIR SPORT SEASON IN GOOD STANDING. THE SEASON WILL BE CONSIDERED COMPLETED AT THE END OF THEIR LAST CONTEST.

### **FRESHMAN AWARD**

- a) Numerals will be presented to freshmen after participation in their first sport.
- b) If freshmen participate and receive the award for the JV/Soph/Varsity team, they shall also receive their numerals if they have not received them for any other sport.
- c) A certificate of recognition will be awarded if a freshman participates in more than one sport during the year.

### SOPHOMORE/JUNIOR VARSITY AWARD

- a) If these are distinct and separate teams, they shall receive the following awards.
- b) Small chenille LF will be awarded after participation at this level for the first time.
- c) Succeeding Soph/JV levels for any other sport will receive a certificate of recognition.
- d) An athlete that is brought up the varsity level and is a participant for 50% of the time shall receive the Varsity award. If they are not a participant at this level for 50% of the time, they shall be presented the lower level award.

### VARSITY AWARD

- a) Large chenille LF and sport pin will be awarded after participation at varsity level for the first time.
- b) Succeeding Varsity levels for any other sport will receive a Gold Certificate and sport pin.

### SPECIAL AWARD

Anyone having participated for four years, at any lower level, shall receive the varsity letter and appropriate sport pin in their senior year. This does not qualify recipient for All Academic honors, it is strictly recognition for four years of participation.

### MANAGER AWARD

Managers at all levels shall receive a "MGR" pin.

### CAPTAIN'S AWARD

Captains at the Varsity level only shall receive a Captains pin.

### "MOST IMPROVED" AWARD

A Varsity player or players only (not to exceed 2 unless approved by the Athletic Director) shall be selected by the coaches or team members to receive this award: Special certificate.

### "MOST VALUABLE" AWARD

A Varsity player or players only (not to exceed 2 unless approved by the Athletic Director) shall be selected by the coaches or team members to receive his award: Special certificate.

### SPECIAL AWARDS/RECOGNITIONS

At the coaches discretion, the coach may wish to select certain athletes for special awards.

### NSC ALL ACADEMIC AWARD

Presented to Juniors and Seniors on a Varsity team who have a 4.5 GPA Cumulative grade point or better.

### ATHLETIC HONORS

Awards are presented annually at the Lake Forest High School Awards Night held in May of each year.

### THE GAYLA CLEMONS ATHLETIC AWARD

In honor of her years of commitment to girls' athletics, the Gayla Clemons Athletic Award is presented to a senior female athlete in recognition of outstanding performance as a student athlete and leader and for personifying commitment and dedication to excellence. Voted on by Girls Head Coaches.

### SENIOR SCHOLAR ATHLETE AWARD

This award is presented annually to the senior boy and senior girl who is an outstanding athlete, and ranked in the top 20% of the class, and selected by vote of all varsity coaches (boys & girls).

### LAKE FOREST HIGH SCHOOL BOOSTER CLUB SENIOR BOY/GIRL AWARD

In recognition of outstanding athletic ability, leadership, attitude and citizenship. Nominations are reviewed annually by a committee comprised of the Principal, Athletic Director, Assistant Athletic Director and two head coaches determined by a rotational basis.

### TURELLI AWARD

In honor of the five Turelli brothers, who excelled in athletics throughout their careers at Lake Forest High School, this award recognizes the senior football player who best exemplifies the qualities of determination and desire. Selected by the football coaching staff.

### WAYNE WHITMORE LINEMAN AWARD

In memory of Wayne Whitmore, Lake Forest High School Coach, one football player is selected each year as the outstanding lineman of the football team for the current year. Selected by the football coaching staff.

### CHRIS MARTINAT MEMORIAL AWARD

In honor of Chris Martinat (class of 1999), who excelled in football, wrestling and lacrosse at Lake Forest High School, this award is presented annually to a football player and a wrestler who exemplifies heart, character, respect and the sheer delight of the game.

### BILL RAWSON AWARD

In recognition of outstanding performance as a student leader and athlete, for personifying the virtues of integrity, optimism, courage, ambition and cooperation throughout his career at Lake Forest High School. Selected by the Head Boys' Coaches.

### THE WALL OF FAME

The Wall of Fame was established in 1976 to give recognition to outstanding LFHS athletes of the past and to provide incentive for present and future LFHS athletes. Nominations are reviewed annually by a committee comprised of the Principal, Athletic Director, Assistant Athletic Director and two head coaches determined by a rotational basis.



Illinois High School Association

(For 2010-11 School Term)

(Revised 3/12/10)

#### Key Provisions Regarding IHSA Rules

##### Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office. Information contained here highlights only the most important features of the IHSA bylaws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a

general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at [www.ihsa.org](http://www.ihsa.org).

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

#### 1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

#### 2. Scholastic Standing

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

#### 3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent

who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
  - B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
  - C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
  - D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
  - E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
  - F. You attend the private/parochial high school which one or both of your parents attended; or G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.
- #### 4. Transfer
- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. You cannot be eligible when you transfer until this form is fully executed and on file in the school office.

- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
  2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
  3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
  4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
  5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the bylaws.
- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.
- 5. Age**  
You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.
- 6. Physical Examination**  
You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal/official representative.
- 7. Amateur Status**
- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.
- 8. Recruiting of Athletes**
- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.  
Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.
- 9. School Team Sports Seasons**
- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
  2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.
- 10. Playing in Non-School Competition**
- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sponsored and conducted by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.
- 11. All-Star Participation**
- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.
- 12. Coaching Schools**
- A. A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the school which the student attends.
- B. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.
- C. You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:
1. You may not attend a coaching school, camp or clinic for any sport after Sunday of Week No. 5 in the IHSA Standardized Calendar.
- D. You may take a private lesson at any time provided no more than two students from your school are in the private lesson.
- 13. Misbehavior During Contests**
- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

*The complete set of IHSA By-laws and Policies is available at [www.ihsa.org](http://www.ihsa.org).*

# The NCAA and NCAA Eligibility Center

## How to Use this Guide...

The Guide addresses issues for three important groups of readers:

- High school students who hope to participate in college athletics at an NCAA college or university;
- Parents and legal guardians; and
- High school counselors and athletics administrators.

## What is the NCAA?

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the studentathlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

- 331 active Division I members;
- 291 active Division II members; and
- 429 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not.

## What is the NCAA Eligibility Center?

The NCAA Eligibility Center will certify the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics. To assist with this process, the Eligibility Center staff is eager to foster a cooperative environment of education and partnership with high schools, high school coaches and college-bound student-athletes. Ultimately, the individual student-athlete is responsible for achieving and protecting his or her eligibility status.

## How to find answers to your questions

The answers to most questions can be found in this guide or by:

- Accessing the Eligibility Center's resource page on our Web site at [www.eligibilitycenter.org](http://www.eligibilitycenter.org), clicking on "Resources" and then selecting the type of student you are. You can then navigate through the resources to find helpful information.
- Contacting the Eligibility Center at the phone number on this page.

In addition, if you are sending transcripts or additional information to the Eligibility Center or have questions, please use the following contact information.

## Eligibility Center Contact Information

**NCAA Eligibility Center:**  
Certification Processing  
P.O. Box 7136  
Indianapolis, IN 46207-7136

**Package or overnight delivery:**  
Certification Processing  
1802 Alonzo Watford Sr. Drive  
Indianapolis, IN 46202

**Web address:**  
[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

**Eligibility Center customer service**  
Representatives are available from 8:30 a.m. to 6 p.m., Eastern time, Monday through Friday.

U.S. callers (toll free): 877/262-1492

International callers: 317/223-0700

Fax: 317/968-5100

## When to call the NCAA

Please contact the NCAA when you have questions such as these:

- What are the rules and regulations related to initial eligibility?
- What are the rules and regulations related to amateurism?
- What are the regulations about transferring from one college to another?
- What are the rules about athletics scholarships and how can they be reduced or canceled?
- I have an education-impacting disability. Are there any other requirements for me?

NCAA

P.O. Box 6222

Indianapolis, IN 46206-6222

317/917-6222 (customer service hours: Monday – Friday, noon – 4 p.m. Eastern time)

# Code of Conduct

## Philosophy

The Board of Education, Administration, Faculty, and Coaches of Lake Forest High School believe that our student-athletes represent our highest standards, including our core principles: responsibility/accountability, integrity, acceptance, and empathy. Participation in a sport enhances the overall high school experience and provides exceptional life-learning opportunities. Student-athletes should strive to obtain athletic, academic, and personal excellence.

The code of conduct specifically establishes high expectations and standards for all participating student-athletes. These expectations embody a total lifestyle approach with an emphasis on respect for self, others and property; loyalty to self, teammates, coaches and school; support for the ideals of true sportsmanship; and maturity to fully accept choices made and the consequences they carry.

The implementation and effectiveness of this code is dependent on a collective commitment from students, parents, and school personnel, along with a proactive approach to prevention and assistance. While we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score.

## Period and Scope

The Code applies to student conduct on and off campus, 24 hours a day, seven days a week, 365 days per year.

The Code record and consequences are cumulative, regardless of category, beginning with the student-athlete's and parent's initial signing of this code and continuing throughout the student-athlete's entire high school career.

If the percentage of the sport season remaining is less than the percentage of ineligibility stated for the violation, then the suspension will be extended to the student-athlete's next sport season.

Coaches cannot enforce more severe consequences for a violation covered under this code of conduct.

## Athletic Code Violations

Athletics, an integral part of the total educational process, are a privilege. Insubordination, poor sportsmanship, anti-social behavior or violation of policies and rules is detrimental to the individual, team, and school community. Upon a violation of this code, the student-athlete shall be provided oral or written notice of the Athletic Code Violation. The student-athlete needs to arrange a meeting with the Athletic Director and/or Assistant Athletic Director to discuss the athletic code violation, receive explanation of evidence, present his/her version of the incident, and receive the appropriate consequence.

## Appeal Process

Any student-athlete that feels his/her rights have been violated may appeal the consequences.

The student-athlete must submit to the Principal or designee of District 115 a written rationale for the appeal within three (3) calendar days of the violation consequence. The Principal or designee will convene a committee which will uphold or deny the appeal within three (3) calendar days of receiving the appeal. This committee will consist of the Principal or designee, two (2) coaches, and two (2) student-athletes.

The student-athlete will remain under the violation consequence imposed and follow the provisions set throughout the appeal process.

Category 1	
Violations	First Violation Consequences
<p>Any conduct unbecoming. Examples include but are not limited to acts of violence, criminal damage to property, vandalism, theft, hazing, bullying and intimidation, and harassment (i.e. hand-written, technology-generated or spoken words).</p> <p>Repeated violation of school policies or rules, gross disobedience, or misconduct resulting in an athlete being suspended may affect a student-athlete's athletic eligibility.</p>	<p>In Season: 15% of his/her current sport contests and loss of captain status (if applicable) During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Out of Season: Loss of playing time 0% to 15% in next participated sport, and/or up to 15 athletic service hours, and may not be able to serve as captain in his/her next sport.</p> <p>The athletic service hours must be completed within 60 days of the code meeting or before the start of the student-athlete's next scheduled sport (whichever happens first). Failure to complete athletic service hours within the time requirement will result in the student-athlete serving the full 15% suspension.</p>

Category 2	
Violations	First Violation Consequences
<p>The purchase, possession, delivery, distribution, or use of tobacco products.</p> <p>The purchase, possession, delivery, distribution, use or being under the influence of alcohol, a controlled substance, other illegal mood-altering and/or performance enhancing drugs or chemicals, or any substance used to obtain an altered mental state or "high."</p> <p>The purchase, possession, delivery, or distribution of look-alike drugs, drug paraphernalia, false identification, or alcohol containers.</p> <p>Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances are present.</p> <p>Note: Any picture or on-line image that depicts behavior described above may be used as evidence of a code violation.</p>	<p>In Season: 20% of his/her current sport contests and loss of captain status (if applicable) During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Out of Season: 10% of his/her next participated sport, and 15 athletic service hours, and may not be able to serve as captain in his/her next sport.</p> <p>The athletic service hours must be completed within 60 days of the code meeting or before the start of the student-athlete's next scheduled sport (whichever happens first). Failure to complete athletic service hours within the time requirement will result in the student-athlete serving the full 20% suspension.</p>

Category 3	
Violations	First Violation Consequences
<p>Any felony action in which a student-athlete is arrested. Examples include but are not limited to battery with an object, assault with a weapon, possession of controlled substance with intent to deliver, and criminal trespass to a motor vehicle.</p>	<p>Any Category 3 offense is equivalent to 2 violations. This may be considered a 2nd or 3rd violation of the Code. Please see the violation consequences below.</p>

Second Violation Consequences (for all categories)
<p>In and Out of Season: 40% of the contests in his/her current sport or next scheduled sport and loss of opportunity to serve as a captain of a team for the remainder of his/her high school career.</p> <p>During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Any student-athlete with a second Category 2 Code violation or any Category 3 Code violation will meet with a school social worker and may be required to participate in a recognized, community-based substance abuse or other corrective program.</p>

Third Violation Consequences (for all categories)
<p>In and Out of Season: The student-athlete will be excluded from all athletic programs for the remainder of his/her high school career.</p> <p>The student-athlete may petition, in writing, to the athletic director for reinstatement to the athletic program, providing that at least one calendar year of suspension has been completed from the date of the third infraction. Any reinstated student-athlete will be at the second violation level.</p>



## **Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy**

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

### **STUDENT ACKNOWLEDGEMENT AND AGREEMENT**

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

### **PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT**

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

# Directions to the Competition 2010-2011

## Follow the Scouts to Victory!

Welcome to Scout Trails!

This information has been prepared as a service of the LFHS Athletic Department to assist you when you follow your favorite Scout Team!

In most cases, these directions are accurate. If you do find an error, please let us know so we can correct future editions.

The most current Sport event information is always available on the school website at LFHS.org. (Go to weekly events update)

**Girls Field Hockey** – current directions can be found on the following website: [www.ihsfha.org](http://www.ihsfha.org)

**Boy and Girls Lacrosse** – current directions can be found on the following websites:

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

Thanks for being a loyal fan and supporting the SCOUTS!

### ANTIOCH HIGH SCHOOL

1133 S. Main St.  
Antioch, IL 60002  
(847) 838-7630

E.T.A.=90 minutes

US 41 North to Rt. 173, West to School on the corner of Main & Rte 173, more than 5 miles West of 41.

**Cross Country** – Fox River Park, Silver Lake, Wisconsin. Take Rt. 83 into Wisc. Go to County Hwy C and turn left (west). Go to County Hwy W and turn right (north). Go to County Hwy F and turn right (east). The park will be on your right. There is no parking on the grass, only in one of the three assigned lots.

**B Golf** – Spring Valley Golf Course – Take Rt 83 north out of Antioch into Wisconsin. The course is located on the corner of Rt. 83 and County Highway C.

**McMillan Fields, - located just North of Antioch Football Stadium, 55 McMillan Rd., Antioch, IL 60022**

**B/G Soccer** – McMillan Fields

**Field Hockey** – McMillan Fields [www.ihsfha.org](http://www.ihsfha.org)

**Softball** – McMillan Fields

### BARRINGTON HIGH SCHOOL

616 West Main Street  
Barrington, IL 60010  
(847) 842-3215

E.T.A.=45 minutes

US 41, I-94, or Milwaukee Ave. South Lake-Cook Road, West to school. Lake-Cook Rd. becomes Main St.

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### BARTLETT HIGH SCHOOL

701 Schick Rd.  
Bartlett, IL 60103  
(630) 372-4700 ext. 4621

E.T.A.= 60 minutes

Rt. 60 West. Turn left on S. Lake Street to IL 83 South. Turn right on IL-53. Continue on N. Hicks Rd. Turn Right on E. Dundee Road. Bear Left on Hawthorne Rd/New Sutton Rd/S IL-59. Turn left on Schick Rd.

### BUFFALO GROVE HIGH SCHOOL

1100 W. Dundee Rd.  
Buffalo Grove, IL 60090  
(847) 718-4197

E.T.A.=45 minutes

US 41 or Milwaukee Ave. South to Dundee Rd. West. School is on the corner of Dundee Rd. and Arlington Heights Rd.

### CARMEL HIGH SCHOOL

One Carmel Parkway  
Mundelein, IL 60060  
(847) 388-3324

Route 176 West to School. (school is across the street from St. Mary's Seminary)

**B Golf** – Pine Meadow G.C., Hawley Street in Mundelein

**G Golf** – Countryside G.C., Butterfield Road in Libertyville

### CARY GROVE HIGH SCHOOL

2008 Three Oaks Rd.  
Cary, IL 60013  
(847) 639-3825

E.T.A.=45 minutes

Route 22 West to Route 14 Turn right (north) at stop light (First St.) Go north on 1st St. to School.

### CONANT HIGH SCHOOL

700 E. Cougar Trail  
Hoffman Estates, IL 60194  
(847) 755-3770

E.T.A.=60 minutes

Tri-State south to Northwest Tollway (I-90) to Rte 53 South, exit (right) on Rte. 72 (Higgins Rd.). Higgins Rd. West to 1 - miles, turn left on Plum Grove Rd. (close to Woodfield Mall).

### CRYSTAL LAKE CENTRAL

45 W. Franklin St.  
Crystal Lake, IL 60014  
(815) 459-2505 x 221

E.T.A.=90 minutes

Route 176 West to Walk-up Ave. Turn south (Left) and continue to Franklin Ave. Turn right (West) to Wallace Ave. and turn left onto Wallace Ave and continue to the parking lot located on the west side of the school.

### CRYSTAL LAKE SOUTH

1200 S. McHenry Ave.  
Crystal Lake, IL 60014  
(815) 455-3860

E.T.A.=90 minutes

Route 176 West to Rt. 14, left to McHenry Ave., South to the School.

### DEERFIELD HIGH SCHOOL

1959 N. Waukegan Rd  
Deerfield, IL 60015  
(224) 632-3112

E.T.A.=30 minutes

South on Waukegan Rd. to School

**Golf** - DEERFIELD G.C. - North of Saunders Road, next to I-294.

**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### ELK GROVE HIGH SCHOOL

500 W. Elk Grove Blvd.  
Elk Grove Village, IL 60002  
847-718-4400

E.T.A.=45 minutes

Route 60 West to I-294 South (tollway) to I-90 W, (tollway) to the Arlington Heights Rd. Exit, follow the ramp toward Elk Grove, left on S Arlington Heights Rd.. Left on to W Elk Grove Blvd. The school is on your right.

### EVANSTON HIGH SCHOOL

1600 Dodge Avenue  
Evanston, IL 60204  
(847) 424-7380

E.T.A.=45 minutes

South on US 41 to Dempster, proceed East on Dempster four miles to Dodge. North on Dodge to school. The school is on the corner of Dodge and Church

**Golf** - EVANSTON COMMUNITY G.C. - US 41 South, exit Old Skokie Road. East on Lake Ave. to Green Bay Road. South on Green Bay to Central. East on Central to golf course (past Dyche Stadium).

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**FENTON HIGH SCHOOL**

1000 W. Green  
Bensenville, IL 60106  
(630) 860-6261  
E.T.A.=60 minutes

I-294 South to Irving Park Rd. Exit West on Irving Park to Church St. South on Church to School (over RR Tracks) turn right.

**FREMD HIGH SCHOOL**

1000 S. Quentin  
Palatine, IL 60067  
(847) 755-2771  
E.T.A.=45 minutes

I-294 South to Willow (Palatine Rd.) West on Willow (Palatine Rd.) to Quentin. South to School (Corner Quentin & Illinois).

**GENEVA HIGH SCHOOL**

416 McKinley Ave.  
Geneva, IL 60134  
(630) 463-3811  
ETA 1 hour/15 minutes

Route 60 West to Route 45 South, stay straight to go onto IL-83S. Turn a slight right onto IL 53. Stay straight to go onto N. Hicks Rd. Turn Right onto E Dundee Rd/IL 68, Turn slight left onto IL59 S. Continue on IL59 South to W Stearns Rd. CR-29. Continue on W Stearns to CR19/Dunham Rd. Stay straight to go onto N. Kirk Rd./CR77. Right onto E State Street/IL 38. Turn right on McKinley

**GLENBARD EAST HIGH SCHOOL**

1014 S. Main Street  
Lombard, IL 60148  
(630) 424-6700  
E.T.A.=60 minutes

I-294 South toward O'Hare/Indiana. Take I-290 West exit toward US-20/IL-64/Rockford. Take exit #13B/IL-64 West onto North Avenue-IL-64. Turn Left on Main Street (approx. 3 miles). School in on the right.

**GLENBARD NORTH HIGH SCHOOL**

990 Kuhn Road  
Carol Stream, IL 60188  
(630) 681-3189  
E.T.A.= 60 minutes

Rt. 60 (west). Turn left(south) on Rt. 83 Turn right (west) on Lake Cook Road. Rt. 53 (South). 355 (South) Exit Army. Trail Road. Turn right (west) Approx. 4 miles, turn left (south) on Gary Ave. go approx. ? mile turn right (west) on Lies Road go approx. 1 mile. School will be on the corner of Lies Road & Kuhn Road on the left. Park in the Lot by the football field & enter door 9.

**GLENBARD SOUTH HIGH SCHOOL**

23W200 Butterfield Rd.  
Glen Ellyn, IL 60137  
630-942-6655

Route 60 West to I-294S Tollway, Merge onto I88W keep Right at the fork to continue on I88 W to the Highland Ave. Exit. Take the ramp toward

Chiropractic College. Turn Right onto Highland Ave/CR-9N. Continue to follow Highland Ave. Slight left onto ramp, merge onto Butterfield Rd. 56W. Turn Right onto Raider Lane.

**GLENBROOK NORTH HIGH SCHOOL**

2300 Shermer  
Northbrook, IL 60062  
(847) 509-2425

South on Waukegan Road to Techny. West on Techny to Shermer. South on Shermer to school. Golf - SPORTSMAN G.C. - South on US 41 to Dundee Road. West on Dundee to golf course.

Frosh Tennis, WOOD OAKS JR HIGH - Lake Cook Road to Sanders. South on Sanders to Dundee. Continue past Dundee 1 block. School on right.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**GLENBROOK SOUTH HIGH SCHOOL**

4000 Lake Ave.  
Glenview, IL 60025  
(847) 486-4424

E.T.A.=45 minutes  
US 41 South. Exit Skokie Blvd. West on Lake Ave. to school. Go West for approx 5 miles to Pfingsten Road. At Pfingsten turn right-get into the left lane. GBS is located on left. Entrance is at the North end of school.

**Frosh Baseball** – MEADOW HILL PARK – Waukegan Road South to Techny East to park.

**Golf** – GLENVIEW G.C. – US 41 South. Exit Old Skokie Road. West on Lake Ave. to Shermer. South on Shermer to course.

**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**GRANT HIGH SCHOOL**

285 E. Grand Ave.  
Fox Lake, IL 60020  
(847) 587-2561x228

E.T.A.=45 minutes  
Rt. 60 West (past Rt. 83 in Mundelein- about 5 miles) to Rt. 12. Turn right on Rt. 12 to Grand Ave. Turn right on Grand (approx. 2 miles). The school is on the right on corner of Grand Ave and Rte 59.

**B/G Cross Country** – Camp Henry Horner - 41 North to 120 west to 134 West to Nippersink Road. Past Wilson Road on right.

**B/G Golf** – Antioch Golf Course - Route 59 and Grass Lake Road

**GRAYSLAKE CENTRAL HIGH SCHOOL**

400 North Lake Street  
Grayslake, IL 60030  
(847) 223-8621 ext. 1021

E.T.A.=30 minutes  
US 41 North to Belvidere West (Route 120). North on Lake Street to school which is on the left hand side.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**GRAYSLAKE NORTH HIGH SCHOOL**

1925 North Route 83  
Grayslake, IL 60030  
(847) 986-3100  
E.T.A.=30 minutes

176 West to Waukegan Road. Right to Route 137, Turn left (west) to school. Route 137 becomes 83 in Grayslake.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**HERSEY HIGH SCHOOL**

1900 E. Thomas  
Arlington Heights, IL 60004  
(847) 718-4827

E.T.A.=45 minutes  
US 41 South to Lake-Cook Road. West on Lake-Cook, South on Arlington Heights Road to Rand Rd. East on Rand Rd. to Thomas. Turn Left. One block on the left.

**HIGHLAND PARK HIGH SCHOOL**

433 Vine Ave.  
Highland Park, IL. 60035  
(224) 765-2095  
E.T.A.=30 minutes

US 41 South - Exit Park Ave. East to Green Bay Road. North on Green Bay to Vine. East on Vine to school.

**B/G Cross Country** – Sunset Woods Park – 1801 Sunset Road – East of Rt. 41, West of Greenbay Rd, Between Central Ave. and Park Ave.

**Boys Golf** – Sunset Valley G.C. or Northmoor CC  
**Girls Golf** – Highland Park C.C. – across the street from Wolters Field on Park Ave.

**B/G Soccer** – Wolters Field or St. Johns Field

**B/G Tennis** – (VAR & JV) – play at the high school courts on the West side of the campus. (Frosh) – play at Cunniff Park, Approx. one block East of Rt. 41, Turn North off Rt. 22 on Trailway and follow the signs to the courts.

**B/G Track & Field** – Wolters Field

**Baseball** – Wolters Field

**Football** – Wolters Field – 1080 Park Avenue. West Approx 1/4 mile East of Rt. 41.

**Softball** – Vine Avenue Fields

**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

**HINSDALE CENTRAL HIGH SCHOOL**

55th & Grant Street  
Hinsdale, IL 60521  
(630) 887-1340 X 240  
E.T.A.=60 minutes

I-294 South to I-88. West (towards Aurora) Exit Route 83 South to Oak Brook to 55th Street. East three traffic lights to Grant St. School is Southwest corner of 55th & Grant St.

**OAKBROOK POLO FIELDS**

I-294 South to I-88. West (towards Aurora). Exit Route 83 South (second exit after toll booth) then go

to 31st street and turn left (east). Go about 1 mile from 1st stop light and fields are on the left (small sign). If you go to York Road you have gone to far.  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### **HINSDALE SOUTH HIGH SCHOOL**

7401 Clarendon Hills Road  
Darien, IL 60561  
(630) 887-1730 ext. 240  
E.T.A.=60 minutes  
I-294 South to I-55 West. Exit North Route 83. Turn left on 75th Street and right on Clarendon Hills to school.  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### **HOFFMAN ESTATES HIGH SCHOOL**

1100 W. Higgins  
Hoffman Estates, IL 60195  
(847) 755-5770  
E.T.A.=60 minutes  
I-294 South Exit Palatine Road West to Route 53. South on Route 53 to Route 72. Route 72 West to school.

### **HOMWOOD-FLOSSMOOR HIGH SCHOOL**

999 South Kedzie Ave.  
Flossmoor, IL 60422  
(708) 799-3000 ext. 1194  
E.T.A.=90 minutes  
I-294 South to I-80. West to I-57 South to Vollmer Road. East to Governor's Highway. Turn left. School is at the Corner of Kedzie and Governor's Highway.  
**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

### **LAKES COMMUNITY HIGH SCHOOL**

1600 Eagle Way  
Lake Villa, IL  
(847) 838-7277  
US Rt. 41 North to Grand Avenue. West on Grand Avenue to Deep Lake Road. North On Deep Lake Road to Grass Lake Road. Turn Right on Grass Lake Road. At 1st stoplight turn left into high school.  
**B/G-Golf** – Antioch Golf Course  
**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

### **LAKE ZURICH HIGH SCHOOL**

300 N. Church St.  
Lake Zurich, IL 60047  
(847) 438-5155 ext. 4381  
E.T.A.=45 minutes  
Route 22 West to Main St, Turn right, then right again on Church St. The high school is the last school on the right. (there are 3 schools in a row.)  
**B/G Basketball** (Var & Soph) – Field House (JV & Frosh) - LZHS Main Gym  
**B/G Cross Country** – Lakewood Forest Preserve (Rte 176 and Fairfield Rd.)  
**B/G Golf** – Village Green G.C., Winchester & Midlothian Road.  
**B/G Soccer** – (VAR, SOPH, JV) – (Main Stadium Field) (Frosh) – May Whitney Field (Just South of H.S.)  
**B/G Tennis** – LZHS Tennis Courts

B/G/ Volleyball (Var & Soph) – Field House (JV & Frosh) - LZHS Main Gym  
**Wrestling** – Main Gym  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### **LANE TECH HIGH SCHOOL**

2501 W. Addison St.  
Chicago, Illinois 60618  
(773) 534-5400 x 6186  
90/94 SOUTH. Exit Addison. East On Addison St to West Ave. School is on South/Right side of street.  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### **THE LATIN SCHOOL**

59 West North  
Chicago, IL 60610  
(312) 573-4500  
E.T.A.=90 minutes  
I-94 to North Ave. East on North Ave. to Clark. Left on Clark to LaSalle and turn right into parking area.

### **LIBERTYVILLE HIGH SCHOOL**

708 West Park Ave.  
Libertyville, IL 60048  
(847) 367-7063  
E.T.A.=30 minutes  
Route 176 West to school (1/2 mile West of Milwaukee Ave.)  
**B/G Cross Country** – Adler Park  
**Freshman A and B Football** – Brainerd Bldg. Field – 416 Park Avenue, Libertyville  
**B/G Golf** – Village Green Golf Course  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)  
**B/G Soccer** – Libertyville Soccer Complex or at the High School Stadium  
**Baseball** – (Fr) Little League Complex. From Libertyville High School on 176 continue west to Butterfield Road. Turn right (north) on Butterfield to Lake Street. Turn right (east) on Lake Street to Bolander (1 mile up on left had side of road). Turn left (north) into Bolander. As you go up Bolander veer to your right to the field.

### **LOYOLA ACADEMY**

1100 N. Laramie Avenue  
Wilmette, IL 60091  
(847) 320-2493  
E.T.A.=45 minutes  
US 41 South - Exit Old Skokie Road South to Lake Ave. West on Lake (over expressway) to Laramie Ave. Right on Laramie to school.  
All Sports are played at the GLENVIEW CAMPUS  
I-94. Exit Lake Avenue west. Take Lake Avenue west to Waukegan Rd. Turn Right (north) on Waukegan to Chestnut. Turn left (west) on to Chestnut and continue to John's Drive. Turn right (north) on to John's Drive. Campus is on right.  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)  
**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

**LYONS TOWNSHIP HIGH SCHOOL-North Campus**  
100 S. Brainard Avenue  
LaGrange, IL 60525  
(708) 579-6393  
E.T.A.=60 minutes  
I-294 South towards O'Hare/Indiana – go 25 miles. Take Ogden Avenue exit. Turn left on Brainard Avenue, cross the railroad tracks Turn right on Cossitt Avenue to the school.

### **LYONS TOWNSHIP HIGH SCHOOL-South Campus**

4900 Willow Springs Rd.  
(Gilbert) Western Springs, IL 60558  
I-294 South towards O'Hare/Indiana – go 25 miles. Take Ogden Avenue exit. Take Ogden east to Gilbert/Willow Springs Road and continue south to 49th Street. School in on the right after the shopping center.  
**B/G Lacrosse**  
**Softball**  
**Tennis** – (Fr/SO and Varsity)  
**B/G Tennis** – (JV) – Gilbert Park on Willow Springs Road (also called Gilbert) 5 blocks south of Ogden.  
**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)  
**Girls Lacrosse** – [www.ihsvla.org](http://www.ihsvla.org)

### **MAINE EAST HIGH SCHOOL**

2601 Dempster St  
Park Ridge, IL 60068  
(847) 692-8290  
E.T.A.=45 minutes  
I-294 South, Exit Golf Road East to Potter Road, South to Dempster. School is on the corner of Dempster and Potter.  
**B/G Golf** – Rob Roy Golf Course, Park Ridge Country Club

### **MAINE SOUTH HIGH SCHOOL**

1111 South Dee Road  
Park Ridge, IL 60068  
(847) 692-8094  
E.T.A.=60 minutes  
West Rt. 60 or 22 to 294 South. Take IL-58 exit towards Golf Rd. Turn left onto N. East River Rd. N. East River Rd. becomes Bender Rd. Turn right onto W. Ballard Rd. Turn Left onto Rand Rd. until it turns into East NW HWY turn slight right onto Potter Rd. Turn left onto Busse Hwy. and turn right on Dee Rd.

### **MAINE WEST HIGH SCHOOL**

1755 South Wolf Road  
Des Plaines, IL 60018  
(847) 803-5904  
E.T.A.=60 minutes  
I-294 South, Exit West on Golf Road to Wolf South on Wolf to Oakton. Turn right; school is on the Southeast corner of Wolf and Oakton.

### **MCHENRY HIGH SCHOOL**

4724 West Crystal Lake Road  
McHenry, IL 60050  
(815) 385-7077 ext. 139  
E.T.A.=90 minutes  
I-94 North to Route 120, West on Route 120 to Crystal Lake Road, South to school.

**MUNDELEIN HIGH SCHOOL**

1350 W. Hawley  
 Mundelein, IL 60060  
 (847) 949-2200 x 341  
 E.T.A.=30 minutes

Route 176 West to Hawley (stoplight) bear left. School is on the corner Hawley and Midlothian.

**Softball (Frosh/JV)** – CARL SANDBURG JR. HIGH –SE corner of Hawley and Midlothian.

**Soccer B/G Fresh** – MECHANICS GROVE – on Midlothian 1 mi North of High School (past 176).

**Cross Country** – LAKEWOOD FOREST PRESERVE - Route 176 West to Fairfield Road. Left on Fairfield, right on Ivanhoe to forest preserve.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**NAPERVILLE CENTRAL HIGH SCHOOL**

440 W Aurora Av.  
 Naperville, IL 60540  
 630-420-6420

I 294 South to I 88 West, take the exit toward Naperville Rd., Turn right onto Freedom Drive, left onto East Warrenville Rd/Warrenville Rd/CR-#. Turn Left onto N. Washington St. Turn Right onto Aurora Ave. School is on the left.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**NAPERVILLE NORTH HIGH SCHOOL**

899 N. Mill St.  
 Naperville, IL 6056

I 294 South to I 88 West. Take the exit toward Naperville Rd. Turn Right onto Freedom Dr. Turn Left onto E Warrenville Rd/Warrenville Rd/CR 3. Turn Left onto N. Washington Dt. Turn Right onto E Diehl Rd., Turn Left onto N. Mill St/CR 32. Continue to follow N. Mill St. School is on the Right.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**NEQUA VALLEY HIGH SCHOOL**

2360 95th Street  
 Naperville, IL 60565  
 (630) 428-6848

Exit I-88 at Rt. 59. Rt. 59 South to 95th Left on 95th. 1st School is approx ? mile on right side.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**NEW TRIER HIGH SCHOOL - WINNETKA CAMPUS**

385 Winnetka Ave.  
 Winnetka, IL 60093  
 (847) 501-6460  
 E.T.A.=30 minutes

EAST CAMPUS - US 41 South to Tower Road. Exit East to Green Bay Road South to Winnetka Ave. East to school.

G-Volleyball, Field Hockey, JV Girls Tennis, Var/Soph B/G Basketball, Wrestling, B/G Swimming, Soph Boys Tennis,

B/G Track, B/G Water Polo, Badminton).

**Girls Field Hockey** - [www.ihsfha.org](http://www.ihsfha.org)

**NEW TRIER HIGH SCHOOL - NORTHFIELD CAMPUS**

7 Happ Road  
 Northfield, IL 60093

Route 41 South to Tower Road east. Exit south on frontage road to central. Right on Central to Happ Road; South to the Northfield Campus.

VAR/JV/FRA G-Soccer, Football, VAR/Soph Boys Soccer, Gymnastics, Frosh A/B-Boys Basketball, Boys Volleyball,

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

VAR Tennis - NIELSON TENNIS CENTER-Willow and Hibbard. 41 to Tower. East to Hibbard turn Right. Baseball (All) - DUKE CHILDS FIELD - 41 South to Tower Road and go left to Hibbard Rd. (stoplight) turn right to Willow. Field is on the Northwest corner of Willow and Hibbard.

**Golf** - WINNETKA G.C. - US 41 South to Tower Road. East on Tower to Hibbard. South on Hibbard to golf course.

**NILES NORTH HIGH SCHOOL**

9800 North Lawler  
 Skokie, IL 60077  
 (847) 568-3331

E.T.A.=30 minutes

US 41 South - Exit Old Orchard East to Lawler, right on Lawler to school.

**B/G Soccer** (Lower level) – Lawler Park – just north of school on Old Orchard Rd.

**Baseball** – Behind School

**Softball** (JV & Frosh) – Oakton Park – from Niles North – right on Lawler Avenue, south to Golf Rd. Left on Golf to Skokie Blvd. Right on Skokie Blvd. to Oakton, Left on Oakton, the park in on your right.

**Swim/Dive** – Niles West High School

**NILES WEST HIGH SCHOOL**

5701 Oakton  
 Skokie, IL 60077  
 (847) 568-3800

E.T.A.=60 minutes

US 41 South, Exit West on Dempster to Menard St. (2nd light) South on Menard to Oakton. Right to school.

**B/G Golf** – Willow Hill

**NORTH CHICAGO HIGH SCHOOL**

1717 17th Street  
 North Chicago, IL 60064  
 (847) 578-7400 x 28

E.T.A.=20 minutes

Green Bay Road North to Argonne Drive. Argonne Drive East to Lewis. School is on the Northeast corner of Argonne and Lewis.

**OAK PARK-RIVER FOREST HIGH SCHOOL**

201 N. Scoville Ave.  
 Oak Park, IL 60302  
 (708) 434-3000

E.T.A.=90 minutes

I-294 South to Eisenhower Expy (290) to Harlem Ave. North on Harlem to Lake St. then east to school.

Field Hockey - - Lake Street Field – The Lake Street Field is located directly South of the main building on Lake Street between Scoville and East Avenues.

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

**PALATINE HIGH SCHOOL**

1101 N. Rohlwing Road  
 Palatine, IL 60067  
 (847) 755-1770

E.T.A.=60 minutes

US 41 South to Lake-Cook Road. West on Lake-Cook to Hicks Road, left on Hicks Road to Cunningham Road, left on Cunningham to school which is on the corner of Cunningham and Rohlwing.

**Cross Country** – DEER GROVE FOREST PRESERVE - US 41 South to Rt. 68 (Dundee Road) West. Go past Hicks Road. The first right past Hicks Road will be the entrance to the Forest Preserve. Cross country starts at the second pavilion

**Boys Lacrosse** – [www.ihsia.org](http://www.ihsia.org)

**Girls Lacrosse** – [www.ihsula.org](http://www.ihsula.org)

**PRAIRIE RIDGE**

6000 Dvorak Drive  
 Crystal Lake, Illinois 60014  
 (815) 479-0404

Rt 176 WEST to Walk-Up Ave (stoplight). Turn RIGHT (North) 1.5 Miles, school is on Right.

**PROSPECT HIGH SCHOOL**

801 Kensington  
 Mt. Prospect, IL 60056  
 (847) 718-5231

E.T.A.=60 minutes

Route 22 West to 83. Route 83 South to Kensington, turn right 1 mile to prospect school about ? of a mile on the left.

**REGINA DOMINICAN HIGH SCHOOL**

701 Locust Road  
 Wilmette, IL 60091  
 (847) 256-3725

E.T.A.=30 minutes

US 41 South to Lake Ave. East, 7 blocks to Locust, South (right) on Locust to school 2 blocks.

**Softball** – HOWARD PARK

**RICHARDS HIGH SCHOOL**

10601 South Central Ave.  
 Oak Lawn, IL 60453  
 (708) 499-2550 ext. 111

E.T.A.=90 minutes

South on I-294, exit East on 95th Street. Turn right on Central to school.

**ROLLING MEADOWS HIGH SCHOOL**

2901 Central Road  
 Rolling Meadows, IL 60008  
 (847) 718-5634

E.T.A.=60 minute

Take E-W (Palatine-Dundee) to Rte. 53 exit at

Algonquin Rd. (Rte. 62) East to Barker Ave., North to Central.

**B/G Water Polo** – Elk Grove High School, 500 W. Elk Grove Blvd., Elk Grove, IL

**Baseball (VAR)** – Rolling Meadows Park Dist. On Owl Drive

**Baseball (Fr)** – at the high school

**Softball (Lower Levels)** – Rolling Meadows Park Dist. On Owl Drive

**Swim/Dive** – Elk Grove High School, 500 W. Elk Grove Blvd., Elk Grove, IL

### **ROUND LAKE HIGH SCHOOL**

1 Panther Blvd.

Round Lake, IL 60073

(847) 270-9321

E.T.A.=45 minutes

US 41 North to Route 120. Route 120 West through Grayslake to Hwy. 134. Take right fork at Route 134 to the Main Street of Round Lake. Go right on Cedar Lake Road to the high school drive and turn left.

**Golf** – RENWOOD G.C., - Route 83 North to Rollins Road West. First stoplight is Hainesville Road. South on Hainesville Road to Golf course on the left .

**Girls Tennis** – SHAG BARK PARK - Located in Round Lake Heights at Indian Hill Elementary. Rollins Road to Lotus Drive, head north on Lotus Drive to courts. (Lotus Drive is located East of Fairfield Road and West of Cedar Lake Road.

### **ST. CHARLES HIGH SCHOOL (EAST)**

1020 Dunham Rd.

St. Charles, IL 60174

(630) 377-4774

E.T.A. 90 Minutes

294 South to 90 W (Rockford) to 59 South on 59 to 64 West to Kirk Road (light). Right on Kirk ? mile to Stadium Drive.

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihswwa.org](http://www.ihswwa.org)

### **ST. CHARLES HIGH SCHOOL (NORTH)**

255 Red Gate Road

St. Charles, IL 60175

(630) 443-3450

Rt. 64 into St. Charles. North on Rt. 31 approx. 2.5 miles to Red Gate Road. School is on the west side. Corner of Red Gate & Rt. 31.

### **ST. VIATOR HIGH SCHOOL**

1213 E. Oakton Street

Arlington Heights, IL 60004

(847) 392-0304

E.T.A.=60 minutes

I-294 South to Willow Road. West on Willow (Palatine) to Arlington Heights Road. South to Oakton. East on Oakton to Dryden. School is on the corner of Oakton and Dryden.

### **STEVENSON HIGH SCHOOL**

One Stevenson Drive

Lincolnshire, IL 60069

(847) 634-4000 ext. 210

E.T.A.=30 minutes

US 41 South to Route 22 West to school.

STEVENSON (VHAC), behind Vernon Hills High School. Rt. 60 to Milwaukee Avenue (Rt. 21). South on Milwaukee Avenue to Continental Drive (CDW on left), then turn left at Lakeview Drive (go past Vernon Hills High School on left), then turn left again at Fairway Drive. Take Fairway Drive South to the barricade. Turn right into sports complex and parking area.

**B/G Cross Country** – Half Day Forest Preserve.

**B/Golf** – Arboritum G.C.

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihswwa.org](http://www.ihswwa.org)

**B/G Soccer** – VHAC or stadium

**B/G Tennis** – VHAC

**Girls Field Hockey** – [www.ihsfha.org](http://www.ihsfha.org)

### **VERNON HILLS HIGH SCHOOL**

145 West Lakeview Parkway

Vernon Hills, IL 60061

(847) 932-2023

E.T.A. = 30 minutes

Route 60 West to Milwaukee Avenue (Route 21). South on Milwaukee to Executive Way Drive (stop light). Turn right at stop light to Lakeview Parkway. Turn left on Lakeview and follow road behind CDW to high school.

**B/G Cross Country** – Deerpath Park

**Boys Golf** – White Deer Run

**Girls Golf** – Vernon Hills Golf Course or White Deer Run

**B/G Tennis** – VHAC

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihswwa.org](http://www.ihswwa.org)

### **WARREN HIGH SCHOOL-ALMOND ROAD CAMPUS**

34090 Almond Rd.

Gurnee, IL 60031

(847) 599-3171

E.T.A. 30 Minutes

Rte 41 North to Washington St. West on Washington to Almond Rd. (about 3.5 miles west of O'Plaine) Left on Almond Road. The campus is on the right.

**B/G Basketball**

**B/G Golf** – Bittersweet GC

**B/G Soccer**

**B/G Tennis** – (VAR)

**B/G/ Volleyball**

**Baseball** – (Var & Soph)

**Softball** – (Var)

**Softball** – (JV/Frosh) Warren Township Center – Located at the corner of Almond and Washington St., North of the Almond Road Campus

**Wrestling**

### **WARREN HIGH SCHOOL-O'PLAINE CAMPUS**

500 O'Plaine Road

Gurnee, IL 60031

US 41 North to Route 120, W. on Route 120 to O'Plaine Road. O'Plaine Road North one mile.

**B/G Cross Country** –

**B/G Tennis** – (JV)

**B/G Track & Field** –

**Baseball** – (Frosh)

**Football** –

**B/G Swim/Dive** –

**Boys Lacrosse** – [www.ihslla.org](http://www.ihslla.org)

**Girls Lacrosse** – [www.ihswwa.org](http://www.ihswwa.org)

### **WAUBONSIE VALLEY HIGH SCHOOL**

2590 Ogden Ave.

Aurora, IL 60504

(630) 375-3668

E.T.A.=120 minutes

I-294 South to I-88. West on I-88 to Route 59. South on Route 59 five miles to Route 34. West on Route 34 to the 4th stoplight. School is on the Northwest corner of Eola and Ogden.

### **WAUCONDA HIGH SCHOOL**

555 N. Main Street

Wauconda, IL 60084

(847) 526-6611

E.T.A. = 60 minutes

West on Route 176 to Main Street. Right on Main St. to school ? mile on left.

**Baseball** – (Frosh)- Rt. 176 in middle of town behind Ace Hardware.

**B/G Cross Country** – Cooks Park – Across from High School

**B/G Golf** – Countryside Golf Course, Mundelein, IL

**Softball** – Cooks Park – Across from High School

### **WAUKEGAN HIGH SCHOOL**

2325 Brookside

Waukegan, IL 60085

(847) 360-5635

E.T.A.=30 minutes

**Softball (Var)** – DUGDALE PARK - US 41 North to Route 120. Route 120 East to Lewis. Lewis right to Dugdale. Left on Dugdale to park.

**Cross Country, Softball (JV/Frosh)** – BELVIDERE PARK - US 41 North to Route 120. East to Lewis (shopping center), left to park entrance.

**Golf** - BONNIE BROOK G.C.- US 41 North to Grand Ave. East on Grand Ave. to Lewis. North on Lewis to golf course.

### **NINTH GRADE CENTER CAMPUS**

1011 Washington Street

Waukegan, IL 60085

US 41 North to Washington Street. East approx. 3 miles to Jackson. School is on the Southeast corner of Jackson & Washington.

**Badminton**

**B/GBasketball**

**B/G Volleyball**

### **WHEATON NORTH HIGH SCHOOL**

1 Falcon Way

Wheaton, IL 60187

(630) 682-2145

E.T.A.=1.5 hours

41 South to Lake Cook – go West. Exit 53 South– becomes 355. Take 355 South to North Ave. – go

West (4.5 mi.). Turn left on Gary Ave. (2.1 mi.) Left/East on Thomas. School is on the north side of street

### **WHEELING HIGH SCHOOL**

900 S. Elmhurst Road  
Wheeling, IL 60090  
(847) 718-7027  
E.T.A.=45 minutes

Dundee to Elmhurst Road (Route 83). South on Elmhurst Road one mile to Hintz Road. School is on the corner.

**B/G Golf** – Traditions at Chevy Chase, 1000 N. Milwaukee Avenue, Wheeling

### **ZION BENTON HIGH SCHOOL**

1 Z-B Way  
21st & Kenosha Road  
Zion, IL 60099  
(847) 731-9360  
E.T.A.=45 minutes

**HORIZON CAMPUS:** Green Bay Road to Kenosha Road (Kenosha Road forks off to the right), Kenosha Road to 21st Street. Turn East and you will see the school,

**PEARCE CAMPUS:** 23RD Street & Bethesda Blvd., Greenbay Road North to Wadsworth Rd. – East on Wadsworth to Lewis Avenue. North on Lewis Avenue to 23rd Street to football field, on right side of street just past golf course

**Badminton** – Horizon

**Baseball** (Varsity/Soph) – Horizon (Freshman) - Shiloh Park – corners of 27th Street & Emmaus, Zion  
**B/G Cross Country** – Van Patten Woods - US 41 North to Route 173. East on Route 173 to park.

**Football** – Horizon

**Golf** (VaR) – Shepherds Crook, 43125 Green Bay Road, Zion (Frosh/Soph) – Shiloh Golf Course, 2400 Dowie Memorial Drive, Zion

**B/G Soccer** (VAR) – Horizon (Soph/Frosh) – Pearce -  
**Softball** –Var/JV @ Horizon/ Fresh @ David Park – Just east of the main high school campus.

**Swim/Dive** – Horizon

**B/G Tennis** – Horizon

**B/G Volleyball** – Horizon

### **GOLF COURSES**

**ANTIOCH G. C.** Route 59 and Grass Lake Road.

**ARBORITUM** West on Route 22 to golf course.

**BITTERSWEET** Route 41 North to Washington St. West on Washington to Almond Road and turn right. Follow Almond Road to entrance.

**BONNIE BROOK** US 41 North to Grand Ave. East on Grand Ave. to Lewis. North on Lewis to golf course.

**BUFFALO GROVE G.C.** Lake-Cook Road West to golf course.

**CHEVY CHASE G.C.** Milwaukee Ave. South to golf course.

**DEERFIELD PARK G.C.** North of Saunders Road, next to I-294.

**FOSS PARK** North on Green Bay Road past 22nd Street. Just past Argonne Drive you will see a sign turn left.

**FOUR WINDS** Route 176 West to golf course.

**GLENVIEW G.C.** US 41 South. Exit Old Skokie Road. West on Lake Ave. to Shermer. South on Shermer to course.

**NORTHMOOR C.C.** Greenbay South to Edgewood (Stoplite). Turn left on Edgewood. Course is directly across from Middle school.

**OLD ORCHARD COUNTRY CLUB** I-294 South. Exit Palatine Road (Willow Road) West to Schoenbeck. Left on Schoenbeck

**PROSPECT G.C.** 294S to Golf Rd. (58) West to 83 North to Council Trail, West to GC.

**RENWOOD G.C.** Route 83 North to Rollins Road West. First stoplight is Hainesville Road. South on Hainesville Road to Golf course

**SANDY HOLLOW G.C. (ROCKFORD)** I-90 West to the first exit marked: Cherry Valley, Freeport, Belvidere. This will take you West on bypass. Take this to Alpine Road (about 3 miles). Go north on Alpine to first intersection which is Shady Hollow Lane. Turn left. Go one to two miles and the golf course is on the left.

**SHEPHERDS CROOK** Greenbay Road North to Golf Course. Golf Course is North of Rt. 173 on the east side.

**SHILOH PARK G.C.** North on Green Bay to Route 173. East on 173 to Bethesda. South on Bethesda to 23rd.

**SPORTSMAN G.C.** South on US 41 to Dundee Road. West on Dundee to golf course.

**SPRING VALLEY G.C.** US 41 North to Route 173. West on Route 173 to Route 83. North on Route 83 to golf course.

**STEEPLE CHASE G.C.** Route 176 West to Midlothian. South on Midlothian to golf course.

**STONEWALL ORCHARD** Located in Wauconda. 176 West to Fairfield Rd. Turn right on Fairfield road to Rt. 60 (Turn Left 1 ? miles.)

**SUNSET VALLEY** Green Bay Road South to Sunset Valley Road. West on Sunset Road to golf course.

**VILLAGE GREEN** (Route 176 West to Midlothian. North on Midlothian to golf course.

**WINNETKA G.C. (NEW TRIER)** US 41 South to Tower Road. East on Tower to Hibbard. South on Hibbard to golf course.

### **PARKS AND FOREST PRESERVES**

**ADLER PARK (LIBERTYVILLE)** Route 176 West to Milwaukee Ave. North on Milwaukee Ave. to park on the right.

**BELVIDERE PARK (WAUKEGAN)** US 41 North to Route 120. East to Lewis (shopping center), left to park entrance.

**BUSSE WOODS (SCHAUMBURG)** US 41 South to Lake-Cook Road to 53. South on Route 53. Take Higgins going east just past 53. Turn right at the first entrance and follow the road till it bends to the left.

**CAMP HENRY HORNER (GRANT)** 41 North to 120 west to 134 West to Nippersink Road. Past Wilson Road on right.

**CUNIFF PARK (HIGHLAND PARK)** South on 41, East on Route 22. North on Trailway.

**DAVID PARK (ZION-BENTON)** Green Bay Road North to Kenosha Road (Kenosha Road forks off to the right). Kenosha Road to 21st Street, turn right and you will see the school. David Park is on the east side of school.

**DEER GROVE FOREST PRESERVE (PALATINE)** US 41 South to Rt. 68 (Dundee Road) West. Go past Hicks Road. The first right past Hicks Road will be the entrance to the Forest Preserve. Cross country starts at the second pavilion.

**DETWEILLER PARK (PEORIA)** 294S to I88 west. I88 west to 355S to 55S to Route 80 West. Take Route 80 West to 29S. Detweiler Park is on Route 29S in Peoria.

**DUGDALE PARK (WAUKEGAN)** US 41 North to Route 120. Route 120 East to Lewis. Lewis right to Dugdale. Left on Dugdale to park.

**DUKE CHILDS FIELD (NEW TRIER)** 41 South to Tower Road and go left to Hibbard Rd. (stoplight) turn right to Willow. Field is on the Northwest corner of Willow and Hibbard.

**EMERSON PARK (NILES NORTH)** From Niles North High School. Exit North parking lot, turn right, follow Lawler South to Golf Road. Turn right on Golf entering left lane immediately as you will be making a left turn on Leclair. Follow Leclair South to Emerson, turn left on Emerson to park.

**FOX RIVER PARK (ANTIOCH)** I-94 North into Wisconsin. West on Route 50, pass Route 83. Left on B, Right on F. Park is on the left.

**HALF DAY FOREST PRESERVE** Entrance and parking area are located on Rt 21 at the light for Woodlands Parkway-south of Rt. 60 and just north of Rt 22. When you enter east on Woodlands Parkway, veer to the left. Please park by Shelter B.

**LAKEWOOD FOREST PRESERVE** Route 176 West to Fairfield Road. Left on Fairfield, right on Ivanhoe to forest preserve.

**LIBERTYVILLE SOCCER COMPLEX** Route 176 West to Route 21 (Milwaukee Ave.). North on Route 21 to Winchester. Left on Winchester four miles to complex.

**MCAREE FIELD (WAUKEGAN)** US 41 North to Washington. Washington East to McAree Road. McAree Road North to Brookside. Fields are on the corner of McAree and Brookside.

**MEADOW HILL PARK** Waukegan Road South to Techny East to park.

**RON BEESE PARK (BARRINGTON)** From Northwest Tollway: Exit At Barrington Road North. Less Than a ? mile after Rt. 68 is Cornell Ave. Turn right onto Cornell Ave. Stay on Cornell till it ends at Ron Beese Park.

**SANDBURG JR. H.S. (MUNDELEIN)** Route 176 West to Hawley bear left. School is on the Southeast corner of Hawley and Midlothian

**SHAG BARK PARK** Located in Round Lake Heights at Indian Hill Elementary. Rollins Road to Lotus Drive, head north on Lotus Drive to courts. (Lotus Drive is located East of Fairfield Road and West of Cedar Lake Road.

**SHILOH PARK (ZION-BENTON)** US 41 North to Wadsworth Road. Right on Wadsworth to Lewis. Left on Lewis to 27th Street. Right on 27th to park on the left.

**SUNSET PARK (HIGHLAND PARK)** US 41 South to Park Ave. East. Right on Sunset to park.

**VAN PATTEN WOODS (ZION-BENTON)** US 41 North to Route 173. East on Route 173 to park.

**WOLTERS FIELD (HIGHLAND PARK)** US 41 South to Park Ave. East on Park to field on the right.

**WEISS FIELD (WAUKEGAN)** US 41 North to Washington. Washington East to Lewis. Lewis North to field.

