

Community High School District No. 115  
Lake Forest High School  
1285 North McKinley Road  
Lake Forest, IL 60045

**PRESS RELEASE**

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**DATE:** 8.10.10

**FOR RELEASE:** Immediately

August 19 is an Institute Day and there will be no school for students on that day.

August 20 is Freshman Orientation from 7:50 am -1:00 pm. A detailed schedule can be found at [www.lfhs.org](http://www.lfhs.org).

August 23 is the first day of school for all students beginning at 7:50am.

Auditions for the Junior/Senior Play will be held on August 30 for performances on October 15 -17 at 7:30pm in the RMA.

LFHS parents are encouraged to get involved and to volunteer for the many parent organizations that support LFHS. The LFHS APT is currently looking for volunteers. It is only through the efforts of dedicated parent volunteers that the APT is able to continue its valuable role in enriching the high school experience for all LFHS students.

Whether you'd like to help out with the directory; be a set of helping hands for your students class; assist with the talent show; or just generally help out when and where you can, there are many opportunities to get involved. Volunteer forms for APT and information about all parent organizations can be found at [www.lfhs.org](http://www.lfhs.org) under the "Parent" tab in the left menu.

There will be a Field Hockey Clinic for incoming 5th – 8th Grade Girls, all skill levels on Sunday, August 22 (Rain Date is August 29) from 1:00 – 4:00 p.m. (Check in at 12:45

p.m.) at Lake Forest High School Front Lawn – East Campus. The fee is \$40.00, or multiplayer family discount for \$35. This clinic will be led by the Lake Forest High School Varsity Team State Champions – 2000, 2001, 2002, 2004, 2005, 2006, and 2008. Come meet our coaches and play with the team! Participants are required to bring mouth guard, shin guards, stick & water bottle. A signed waiver is also required. Forms are available at [www.lfhs.org](http://www.lfhs.org) under the “Athletics” tab.

The LFHS varsity pom squad is sponsoring a pom/dance clinic for 3rd - 8th grade students on August 27. Dancers will perform at the half time of the varsity football game. Registration begins at 4:45 pm at the West campus gyms. Cost is \$40 if pre-registered before August 20 and \$50 for those registering at the door. Additional information and registration forms can be obtained at the pom pon web page on [www.lfhs.org](http://www.lfhs.org) under the Athletics tab.

The student paid position “Student Manager of Concessions” is a student manager position at LFHS that runs the concessions stand for specific sporting events throughout the school year for \$13 an hour. If interested, feel free to contact Quincy Coulter at [ecocuts@yahoo.com](mailto:ecocuts@yahoo.com), 847-323-7641 or on facebook at the “Student Manager of Concessions at LFHS” group.