

Lake Forest High School 2008-2009 Fall Sports tryout dates

YOU ARE PROHIBITED to tryout or practice without

1. current physical examination
2. Athletic Participation Card (APC)
3. LFHS Athletic Code of Conduct (on back of APC)
4. Emergency Card on file in the Athletic Office
5. IHSA Steroid Test Policy

LF Orthopedics will be offering Physicals Aug. 12th & 13th 6:00 – 8:30pm @ West Campus (see insert)

Fall tryouts may begin on WEDNESDAY, AUGUST 13, 2008*

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

***School begins September 8th (all students) (Freshmen 9/5)**

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

YOUR COACH WILL INFORM YOU OF FUTURE PRACTICE TIMES.

BOYS

FOOTBALL Wed., August 13th*

Athletic Campus

All Levels Time: 2:30 – 7:30

(Athletes should bring a snack between session breaks)

Meet the Coaches – Parent Meeting on Thursday, August 14th, 7:30 p.m. @ Athletic Campus Gym. Be sure to attend!

SOCCER Wed., August 13th & 18th

Athletic Campus

Varsity – 13th Time: 9-11 & 6-8

Lower Level- 18th Time: 9-11 & 6-8

CROSS COUNTRY Wed., August 13th

All Levels

East Campus – Time: 8:00 a.m.

Meet @ the track

GOLF Mon., August 18th

MUST Sign-in at the LFHS Athletic Office starting August 11th.

Tryout times and details will be available at that time.

Place: Lake Bluff Golf Course

Tryout fee required to Lake Bluff Golf course

GIRLS

FIELD HOCKEY Wed., August 13th

East Campus - Front Lawn 9:00am-Noon

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

Mouth-guards are mandatory! No Exceptions!

VOLLEYBALL Wed., August 13th

East Campus

Frosh/Soph – 3:30 – 5:30

Varsity – 3:30 – 5:30 & 7:00 – 9:00pm

Varsity must attend both sessions!

SWIMMING Wed., August 13th

Meet on the Pool Deck Time: 3:30

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

TENNIS Wed., August 13th

Athletic Campus – tennis courts

Lower Level Time: 9-11

Varsity Time: 3-5

CROSS COUNTRY Wed., August 13th & 18th

Athletic Campus -

Varsity – 13th thru 16th 8:00am

17th Midnight run (camp out) West Campus 6 pm

Lower Level – 18th 8:00 am

Meet @ back parking lot (by shed)

GOLF Mon., August 18th

Place: Lake Bluff Golf Course - 2:30 pm

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