

Lake Forest High School Interscholastic Athletics 2008-2009

➤ **Athletic Department Philosophy**

Within Lake Forest Community High School District #115, we believe that a dynamic program of student activities is vital to the education and 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 is in conformance with policies established by Lake Forest High School and the Constitution and By-Laws of the Illinois High School Association (IHSA).

Adopted August 1996

All students must have: a current physical (physicals are considered expired after 1 year of the date of the physical), athletic participation card, emergency card and signed code of conduct on file with the athletic office in order to participate in interscholastic sports.

Times of practices for fall sports will be listed in the June mailing which is sent to all students who have signed up for a sport. Call 847/582-7700 – anytime you have questions.

There is an opportunity for every student to participate !

Fall Season

Girls' Sports

- **Cross Country** (begins Aug. 13)
(Varsity/J.V.) (Cuts)
- **Golf** (begins Aug. 18) (Cuts)
(Varsity/J.V.) (Cuts)
- **Field Hockey** (begins Aug. 13)
(Varsity/J.V. A & B) (Cuts)
- **Swimming & Diving** (begins Aug. 13)
(Varsity/J.V.) (Cuts)
- **Tennis** (begins Aug. 13)
(Varsity/J.V./Frosh) (Cuts)
- **Volleyball** (begins Aug. 13)
(Varsity/Soph/Frosh A & B) (Cuts)
- **Cheerleading** (begins Aug. 13)
(Varsity/J.V.) (Cuts)
- **Pom Poms** (begins Aug. 13)
(Varsity/J.V.) (Cuts)

Boys' Sports

- **Cross Country** (begins Aug. 13)
(Varsity/Frosh-Soph) (Cuts)
- **Golf** (begins August 18)
(Varsity/Frosh-Soph) (Cuts)
- **Football** (begins August 13)
(Varsity/Soph/Frosh A & B) (No Cuts)
- **Soccer** (begins Aug. 13)
(Varsity/J.V./Soph/Frosh A & B) (Cuts)

Winter Season

Girls' Sports

- **Basketball** (begins Nov. 3)
(Var/J.V./Soph/Frosh A & B) (Cuts)
- **Gymnastics** (begins Nov. 10)
(Varsity/J.V.) (Cuts)
- **Cheerleading**
(Varsity/J.V.)
- **Pom Pons**
(Varsity/J.V.)

Boys' Sports

- **Basketball** (begins Nov. 10)
(Varsity/J.V./Soph/Frosh A&B) (Cuts)
- **Wrestling** (begins Nov.10)
(Varsity/J.V./Frosh) (No Cuts)
- **Swimming & Diving** (begins Nov. 24)
(Varsity/J.V.) (Cuts)

Spring Season

Girls' Sports

- **Track & Field** (begins Jan. 10)
(Varsity/J.V.) (Cuts)
- **Badminton** (begins March 2)
(Varsity/J.V.) (Cuts)
- **Softball** (begins March 2)
(Varsity/J.V./Frosh) (Cuts)
- **Soccer** (begins March 2)
(Varsity/J.V./Soph/Frosh) (Cuts)
- **Lacrosse** (begins March 2)
(Varsity/J.V./Frosh-Soph) (Cuts)
- **Water Polo** (begins March 2)
(Varsity/J.V.) (Cuts)

Boys' Sports

- **Track & Field** (begins Jan. 19)
(Varsity/Frosh-Soph) (Cuts)
- **Volleyball** (begins March 9)
(Varsity/J.V./Frosh) (Cuts)
- **Baseball** (begins March 2)
(Varsity/Soph/Frosh A & B) (Cuts)
- **Lacrosse** (begins March 2)
(Varsity/J.V./Frosh) (Cuts)
- **Tennis** (begins March 2)
(Varsity/JV) (Cuts)
- **Water Polo** (begins March 2)
(Varsity/J.V.) (Cuts)

Tryouts are held in the spring for our Cheerleading & Pom Pon squads. Information regarding the tryout dates will be available in late March.

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.