

**2017/18 PARENT/ATHLETE
HANDBOOK**



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**LAKE FOREST
HIGH SCHOOL**

LAKE FOREST HIGH SCHOOL ATHLETIC DEPARTMENT Mission Statement

To inspire the passion to learn, the insight to know oneself, and the courage to make a difference. Adopted 2011.

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 DEPARTMENT POLICIES & PROCEDURES

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, concussion information sheet and emergency form on file BEFORE they are eligible to try out for a team. You will receive an email with an "InfoSnap" code that will enable you to electronically complete your athletic registration. These forms are also available in the athletic office. All students must have, in order to participate:

1. A Physical that is not older than 1 year before the first day of tryouts (additional 30 day past physical expiration date is allowed). The physical must cover the time period during sport season in order to remain eligible to play or practice.
2. Athletic participation card/Code of Conduct
3. Emergency form
4. Concussion information sheet
5. Steroid Consent Form

Attendance/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 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. Students are expected to be in attendance for 150 minutes each day in order to participate in a practice, contest or school sponsored trip.

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.

Changing Sports

If a coach cuts a student from a team the student may try out 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.

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 and MUST be returned

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 outfit each team; 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 or with their coach.

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 on the date set by the coach.

The uniform deposit must be a separate check. Athletes are billed separately for their athletic participation fee directly from the business office. --see Sports Participation Fee below.

Sports Participation Fee

There is a sports participation fee of \$225.00 per sport which will be invoiced from the business office once the student makes the final team roster. Fees can be paid online at www.lfhs.org. Questions, please contact our student fee department at 847-604-7437, LFHS West Campus, 300 S. Waukegan Rd. **PLEASE REMEMBER** – Sports Participation fee is separate from any money that might be collected from Team Parents for additional needs that the team might have during the sport season, including but not limited to: snacks, drinks, team dinners & banquet expenses.

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 14 passenger white buses and school vans. Only coaches and approved employees may drive these vehicles, 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 the event that a parent may NEED to take their child home(or with them) after an away contest due to an extenuating circumstance(*), the parents MUST do the following:
 - a. They need to email the level coach 24 hours in advance and get Coach approval.
 - b. Once the Coach approves and notifies the athletic office, the parent must submit a written or emailed note to the athletic office for us to keep on file PRIOR to the game.
 - c. They MUST sign their son/daughter out with the coach on site the day of the contest prior to leaving.

*** Extenuating circumstances are not designed to be matters of convenience ***

Any other travel concerns will need to be discussed/approved with the athletic director.

5. 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.

Athletic Academic Eligibility Scholastic Standing—IHSA

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits) or other combinations if lesser credit course.
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.
- C. Physical Education (PE) Waiver - only JR and SR rostered athletes are eligible for the PE waiver and will receive credit for their Wellness requirement for that semester, provided that they complete their sport in good standing and attend their athletic study hall daily (Attendance in Athletic Study Hall WILL BE TAKEN).
- D. Managers are NOT eligible to receive PE waiver or be considered for an athletic study hall.

Eligibility Procedures

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

1st offense> (week one)

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director. Follow Student Athlete Sign-Off (SASSO) Procedures (Options attached).

Athlete will not be able to participate in contests that week (M-Sat.) but is allowed to practice.

2nd consecutive offense> (week two)

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director.

Follow Student Athlete Sign-Off (SASSO) Procedures (Options attached).

Athlete will not be able to participate in contests that week (M-Sat.) but is allowed to practice.

3rd consecutive offense> (week three)

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director.

Follow Student Athlete Sign Off (SASSO Options attached).

Athlete will not be able to participate in contests that week (M-Sat.).

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 2.5.

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 2.5 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.)

Student-Athlete Support Sign-Off Procedures

1. Athletic Eligibility Letter, Student-Athlete Support Sign-Off Form (SASSO), and Academic Support Options will be communicated by email and/or US mail to student-athlete, parent(s), teachers, coaches, Sport-Specific Academic Liaison, counselors, deans, and support staff once a student-athlete is determined to be academically ineligible by the Athletic Office.
2. Student-Athlete will attend three (3), thirty (30) minute subject specific support sessions in any of the classes showing deficiency during the week of ineligibility.
3. Student-Athlete will secure staff signatures on the Student-Athlete Support Sign-Off Form (SASSO) indicating when and where the academic, subject-specific support took place.
4. Student-Athlete will return the completed Student-Athlete Support Sign-Off Form (SASSO), with appropriate signatures, to the Athletic Office by the end of the week of ineligibility.
5. Athletic Office will record and track support services being used to assist student-athletes.
6. Failure by the Student-Athlete to attend/receive the requested academic support within the week will result in make-up support sessions being required.

Academic Support Options for Students (example)

Peer Tutoring – Resource Center
Before – After School Silent Study
Department Resource Centers
Personal Learning Time
1-on-1 with Classroom Teacher

An updated list of locations and times is available in the athletic office.



Student-Athlete Support Sign-Off (SASSO)

Student-Athlete: _____
 Week of Support: _____
 Signed form due to Athletics: on or before _____

Support Signature #1 _____

Subject of Specific Support _____

Date(s) Support Received _____

Type of Support Received: 1-on-1 with Classroom Teacher

Resource Center: _____

Peer Tutoring Resource Center

Before/After School Program – Room 211

____ MINS
**SUPPORT
 RECEIVED**

Support Signature #2 _____

Subject of Specific Support _____

Date(s) Support Received _____

Type of Support Received: 1-on-1 with Classroom Teacher

Resource Center: _____

Peer Tutoring Resource Center

Before/After School Program – Room 211

____ MINS
**SUPPORT
 RECEIVED**

Support Signature #3 _____

Subject of Specific Support _____

Date(s) Support Received _____

Type of Support Received: 1-on-1 with Classroom Teacher

Resource Center: _____

Peer Tutoring Resource Center

Before/After School Program – Room 211

____ MINS
**SUPPORT
 RECEIVED**

Coeducational Interscholastic Competition

Lake Forest High School will provide opportunities for separate but comparable athletic opportunities for both boys and girls, in accordance with all local, state, and federal guidelines concerning transgender participation and affirmative action.

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 purchase the appropriate booster club pass will be allowed admission to home LFHS Athletic Events when the pass is presented at the door or gate.

The IHSA establishes admission prices for all levels of IHSA State Tournaments. LFHS Activity Cards and Booster Club passes are not valid for these events.

Athletic Rosters/Schedules

Team Rosters and athletic schedules are available on-line at www.lakeforestschools.org/schools/lfhs/athletics

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.

rSchoolToday-NotifyMe

The athletic office/coaches use the rSchoolToday link – which is found on the athletic webpage under Quick Links. Once you choose that link you will see a tab for the Notify Me which you can register. This will enable you to receive text messages to your cell phone and/or receive email reminders and notifications before events and of any schedule changes.

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.

Celebrations

While athletes, coaches and fans are excited in victory, Lake Forest High School recognizes that certain types of celebrations may be disrespectful or dangerous. Lake Forest High School Athletic Department encourages appropriate celebrations.

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 extra-curricular 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 lakeforestschools.org/schools/lfhs/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 may 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 may 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

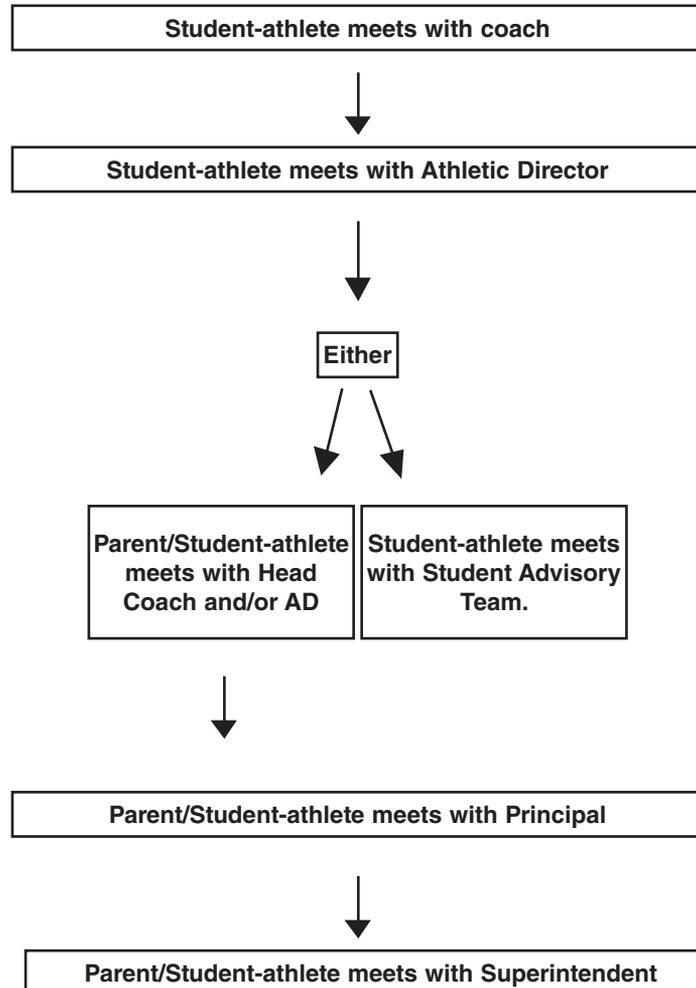
Although it is desirable for concerns to be addressed initially between athletes and coaches, occasionally situations arise where conflicts are not resolved by this interaction. The District has established a conflict resolution process for these types of athletic concerns.

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.

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."

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.

Current members of the North Suburban Conference are:

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

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

Boys

- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Lacrosse
- Soccer

- Swimming & Diving
- Tennis
- Track & Field
- Volleyball
- Water Polo
- Wrestling

Girls

- Badminton
- Basketball
- Cheerleading
- Cross Country
- Field Hockey (IHSFHA)
- Golf
- Gymnastics
- Lacrosse
- Pom/Dance
- Softball

- Soccer
- Swimming & Diving
- Tennis
- Track & Field
- Volleyball
- Water Polo

Try out information, for all sports, will be listed on the Athletic home page
www.lakeforestschools.org/schools/lfhs/athletics
 Anytime you have questions, please call the Athletic Office @ (847) 582-7700.

There is an opportunity for every student to participate! 2017-18 SPORT SEASON START DATES

Starting dates for sports are determined by the Illinois High School Association (IHSA).

Fall Season Boys' Sports

Sport	Starting Date	Cut	Levels
Cross Country	8/9	yes	Varsity/JV
Football	8/7	no	Varsity/Soph/Fresh
Golf	8/7	yes	Varsity/JV
Soccer	8/9	yes	Varsity/JV/Soph/Fresh

Fall Season Girls' Sports

Sport	Starting Date	Cut	Levels
Cheerleading	8/9	yes	Varsity/JV
Cross Country	8/9	yes	Varsity/JV
Field Hockey	8/9	yes	Varsity/JV
Golf	8/7	yes	Varsity/JV
Pom Pons	8/9	yes	Varsity/JV
Swim & Dive	8/9	yes	Varsity/JV
Tennis	8/9	yes	Varsity/JV/Soph-Fresh
Volleyball	8/9	yes	Varsity/Soph/Fresh

Winter Season Boys' Sports

Sport	Starting Date	Cut	Levels
Basketball	11/6	yes	Varsity/Soph/Fresh
Swim & Dive	11/20	yes	Varsity/JV
Wrestling	11/6	no	Varsity/JV/Fresh

Winter Season Girls' Sports

Sport	Starting Date	Cut	Levels
Basketball	10/30	yes	Varsity/Soph/Fresh
Competitive Cheer	10/23	yes	Varsity/JV
Competitive Dance	10/23	yes	Varsity/JV
Gymnastics	11/6	yes	Varsity/JV

Spring Season Boys' Sports

Sport	Starting Date	Cut	Levels
Baseball	2/26	yes	Varsity/Soph/Fresh
Lacrosse	2/26	yes	Varsity/JV/Fresh
Tennis	2/26	yes	Varsity/JV
Track	Feb-TBA	yes	Varsity/JV/Soph-Fresh
Volleyball	3/5	yes	Varsity/JV/Fresh
Water Polo	2/26	yes	Varsity/JV

Spring Season Girls' Sports

Sport	Starting Date	Cut	Levels
Badminton	2/26	yes	Varsity/JV/Soph-Fresh
Lacrosse	2/26	yes	Varsity/JV/Fresh
Soccer	2/26	yes	Varsity/JV/Fresh
Softball	2/26	yes	Varsity/JV
Track	Feb-TBA	yes	Varsity/JV/Soph-Fresh
Water Polo	2/26	yes	Varsity/JV

WANT TO PLAY A SPORT? THINGS YOU SHOULD KNOW.

Interscholastic Sports Awards and Honors

• How do I sign up for a sport?

You will register for sports in the summer when you receive an email with your InfoSnap Code from the business office. This is the best and efficient way to register. If you do not register electronically you will have to come to the athletic office and obtain your required paperwork to sign up.

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

• What kind of paperwork will I need to turn in?

All students must have, in order to participate:

- A Physical that is not older than 1 year before the first day of tryouts (additional 30 day past physical expiration date is allowed). The physical must cover the time period during sport season in order to remain eligible to play or practice.

- Athletic participation card/Code of Conduct
- Emergency form
- Concussion information sheet
- Steroid Consent Form

If I don't have all my forms in, I can still try out—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 may require more than \$75.00 if more equipment is required.

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

There is a sports participation fee of \$225.00 per sport which will be invoiced from the business office once the student makes the team roster. Fees can be paid online at www.lfhs.org. Questions, please contact our student fee department at 847-604-7437, LFHS West Campus, 300 S. Waukegan Rd. PLEASE REMEMBER -- This fee is separate from any money that might be collected from Team Moms for additional needs that the team might have during the sport season.

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

- If I quit my sport at any time, will I have to make up my PE requirements? YES.

All Athletes are required to finish their sport in "good standing." That includes finishing the season.

- Are all practices @ the High School (East Campus)? NO
Many of our sports hold their practices at West Campus, as well as other off-site venues (ex: golf course)

• 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 pick up. Check with your coach on days and times shuttle buses run.

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 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

If these are distinct and separate teams, they shall receive the following awards:

a) Small chenille LF will be awarded after participation at this level for the first time.

b) Succeeding Soph/JV levels for any other sport will receive a certificate of recognition.

c) An athlete that is brought up to 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 Captain's pin.

"MOST IMPROVED" AWARD

A player or players shall be selected by the coaches or team members to receive this award at all levels: Special paper certificate.

"MOST VALUABLE" AWARD

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

SPECIAL AWARDS/RECOGNITIONS

At the coach's 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.



(For 2017-18 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

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 some of the most important features of the IHSA by-laws 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. 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-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).

B. You must have passed and received credit toward graduation for twenty-five (25) 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. Foreexample, if you were out for cross country at the school from which you transfer and transfer after the IHSA sport season has begun, 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 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 by-laws. Illinois High School Association

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 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 is good for 395 days 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 sanctioned 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. 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.

Division I Initial-Eligibility NCAA Requirements

Core Courses: (16)

- Initial full-time collegiate enrollment before August 1, 2016:
Sixteen (16) core courses are required (see chart below for subject area requirements).
- Initial full-time collegiate enrollment on or after August 1, 2016:
*Sixteen (16) core courses are required (see chart below for subject area requirements).
*Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
*These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
*Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see below).

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
*SAT: critical reading and math sections.
-Best subscore from each section is used to determine the SAT combined score for initial eligibility.
- *ACT: English, math, reading and science sections.
- Best subscore from each section is used to determine the ACT sum score for initial eligibility.

- *All ACT and SAT attempts before initial full-time collegiate enrollment may be used for initial eligibility.
- Enter 9999 during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. Test scores on transcripts will not be used.

Core Grade-Point Average:

- Only core courses that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- Initial full-time collegiate enrollment before August 1, 2016:
*Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
*Core-course GPA is calculated using the best 16 core courses that meet subject-area requirements.
- Initial full-time collegiate enrollment on or after August 1, 2016:
*Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
*Core-course GPA is calculated using the best 16 core courses that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

Division I Core Course Requirement (16)	Division I - 2016 Qualifier Requirements	Division I - 2016 Academic Redshirt Requirements
4 years of English 3 years of math (Algebra 1 or higher) 2 years of natural/physical science (1 year of lab if offered) 1 year of additional English, math, or natural/physical science 2 years of social science 4 years of additional courses (any area above, foreign language, or comparative religion/philosophy)	<i>*Athletics aid, practice, and competition</i> • 16 Core Courses Ten (10) core courses completed before the start of the seventh semester. Seven (7) of the 10 must be in English, math, or natural/physical science. "Locked in" for core-course GPA calculation • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on sliding scale B (see page no. 2) • Graduate from high school	<i>*Athletics aid, practice, and competition.</i> • 16 core courses No grades/credits "Locked in" (repeated courses after the seventh semester begins may be used for initial eligibility) • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on sliding scale B (see page no. 2) • Graduate from high school.

Division II

Core Courses: (16)

- Division II currently requires 16 core courses. See the chart below.
- Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

Test Scores:

- Division II** currently requires a minimum SAT score of 820 or an ACT sum score of 68. **Beginning August 1, 2018**, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science.
- When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported**

directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.

Grade-Point Average:

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current **Division II** core GPA requirement is a minimum of 2.000. **Division II** core GPA required to be eligible for **competition on or after August 1, 2018**, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- The minimum **Division II** core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

Division II 16 Core Courses

4 years of English.	2 years of social science.
3 years of mathematics (Algebra I or higher).	4 years of additional courses (any area above, foreign language or comparative religion/philosophy).
2 years of natural/physical science (1 year of lab if offered).	
1 year of additional English, math, or natural/physical science.	

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.

Parted 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-athletes 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-athletes 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 will 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 that is 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. 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. 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. 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. During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season. 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. 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>	

ISHA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

ISHA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our 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. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA. A complete list of the current IHSA Banned Substance Classes can be accessed at:

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

CONCUSSION INFORMATION SHEET

MUST be SIGNED and RETURNED BEFORE first day of practice

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches (such as those employed by LFHS) prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach and the LFHS Athletic Trainers if you think that your child may have a concussion. Along with other assessment tools, the sports medicine staff at LFHS uses a computerized testing program called ImPACT to measure your child's brain function and status to help ensure they do not return to play too soon. This test may be used post-concussion without a baseline, or the athletic training staff may acquire pre-injury baseline information, through questionnaires, computer assessments, and family histories, from you and/or your child, to help them assess your child in the event treatment is needed. All such information will be held confidential and shared with LFHS and medical personnel on a "need-to-know only" basis. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>, http://www.lfhs.org/athletics/trainers/concussion_faqs.html, or Contact one of the athletic trainers at (847) 582-7397

Directions to the Competition

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!

Competition sites occasionally change - the most current Sport event information is always available on the school website at:
<http://www.lakeforestschools.org/schools/lfhs>

Thanks for being a loyal fan and supporting the SCOUTS!

Lake Forest HS Competition Sites

East Campus: 1285 North McKinley Road, Lake Forest

West Campus: 300 S. Waukegan Road, Lake Forest (Southwest corner of Waukegan Road and Route 60)

Lake Bluff Golf Course: 355 W Washington Avenue, Lake Bluff

Deerpath Golf Course: 500 W Deerpath Road, Lake Forest

Badminton - East Campus

Baseball - West Campus

Basketball, Boys & Girls - East Campus

Cheer - East or West Campus

Cross Country, Boys & Girls - West Campus

Pom Poms - East or West Campus

Field Hockey - West Campus (Varsity), East Campus Front Lawn (JV)

Football - West campus

Golf, Boys - Lake Bluff Golf Course

Golf, Girls - Deerpath Golf Course

Gymnastics - East Campus

Lacrosse, Boys - West Campus

Lacrosse, Girls - West Campus (Varsity), East Campus Front Lawn (JV/ FR/SO)

Soccer, Boys & Girls - West Campus

Softball - West Campus

Swimming & Diving, Boys & Girls - East Campus

Tennis, Boys - West Campus

Tennis, Girls - West Campus

Track & Field, Boys & Girls - East Campus

Volleyball, Boys & Girls - East Campus

Wrestling - East Campus

Water Polo, Boys & Girls - East Campus

ANTIOCH HIGH SCHOOL

1133 S. Main St.

Antioch, IL 60002

(847) 838-7630 or www.sequoits.com

Cross Country – contests are held at Fox River Park, Wilmot, WI (home meets) Route 173 west of Antioch to Wilmot Road (4 way stop with Log Cabin Tavern on SW corner), right (north) on Wilmot Road to County W, continue north on W to County F, right on F to park OR: North on Route 83 to County Highway “C” Turn left on C to stop sign in Wilmot (Stage Stop Restaurant). Turn right (north) on County “W” to Country Highway “F” and follow above directions.

Field Hockey – contests are held at ACHS Stadium and McMillen Field located north of Route 173 (behind the ACHS Stadium).

Golf – contests are held at Spring Valley Country Club, Salem, WI – take Route 83 north to County C – golf course is right on southeast corner of County C and Route 83.

Soccer – contests are held at ACHS Stadium, McMillen Field located north of Route 173 (behind the ACHS Stadium) and Tim Osmond Sports Complex (38 Depot St, Antioch, IL 60002)

Softball – contests are held at McMillen Field located north of Route 173 (behind the ACHS Stadium)

Tennis – contests are held at D117 Tennis Complex located at 1600 Eagle Way, Lake Villa, IL 60046

BARRINGTON HIGH SCHOOL

616 West Main Street

Barrington, IL 60010

(847) 842-3215 or www.barringtonhighschool.org

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

BARTLETT HIGH SCHOOL

701 Schick Rd.

Bartlett, IL 60103

(630) 372-4700 ext. 4621 or www.u-46.org/bhs

Rt. 60 West. Turn left on S. Lake St. to IL 83 South. Turn right on IL-53. Continue on N. Hicks Rd. Turn right on E. Dundee Rd. 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 or www.d214.org

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 or www.carmelhs.org

Rt. 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 or www.d155.org/cg

Rt. 22 West to Rt. 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 or www.conantcougars.com

Tri-State south to Northwest Tollway (I-90) to Rt. 53 South, exit (right) on Rt. 72 (Higgins Rd.). Higgins Rd. West 1 1/2 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 or www.d155.org/clc

Rt. 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 or www.d155.org/clc

Rt. 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 or www.dist113.org

South on Waukegan Rd. to school.

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

ELK GROVE HIGH SCHOOL

500 W. Elk Grove Blvd.
Elk Grove Village, IL 60002
847-718-4400 or www.d214.org

Rt. 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 Ave.
Evanston, IL 60204
(847) 424-7380 or www.eths.k12.il.us

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 Rd. East on Lake Ave. to Green Bay Rd. South on Green Bay to Central. East on Central to golf course (past Dyche Stadium).

FENTON HIGH SCHOOL

1000 W. Green
Bensenville, IL 60106
(630) 860-6261 or www.fenton100.org

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 or www.fhs.d211.org

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

GENEVA HIGH SCHOOL

416 McKinley Ave.
Geneva, IL 60134
(630) 463-3811 or www.geneva304.org

Rt. 60 West to Rt. 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 St/IL 38. Turn right on McKinley.

GLENBARD EAST HIGH SCHOOL

1014 S. Main St.
Lombard, IL 60148
(630) 424-6700 or www.glenbardeasths.org

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 Av.-IL-64. Turn left on Main St. (approx. 3 miles). School in on the right.

GLENBARD NORTH HIGH SCHOOL

990 Kuhn Rd.
Carol Stream, IL 60188
(630) 681-3189 or www.glenbardnorthhs.org

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. 1/2 mile turn right (west) on Lies Rd., go approx. 1 mile. School will be on the corner of Lies Rd. & Kuhn Rd. 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 or www.glenbardsouthhs.org

Rt. 60 West to I-294S Tollway. Merge onto I88W, keep right at the fork to continue on I88W 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 Ln.

GLENBROOK NORTH HIGH SCHOOL

2300 Shermer
Northbrook, IL 60062
(847) 509-2425 or www.glenbrook225.org/north

South on Waukegan Rd. to Techny. West on Techny to Shermer. South on Shermer to school.

Golf - SPORTSMAN G.C. - South on US 41 to Dundee Rd. West on Dundee to golf course.

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

GLENBROOK SOUTH HIGH SCHOOL

4000 Lake Ave.
Glenview, IL 60025
(847) 486-4424 or www.glenbrook225.org/south

US 41 South. Exit Skokie Blvd. west on Lake Ave. to school. Go west for approx. 5 miles to Pflugsten Rd. At Pflugsten 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 Rd. South to Techny East to park.

Golf - GLENVIEW G.C. - US 41 South. Exit Old Skokie Rd. West on Lake Ave. to Shermer. South on Shermer to course.

GRANT HIGH SCHOOL

285 E. Grand Ave.
Fox Lake, IL 60020
(847) 587-2561x228 or www.grant.lake.k12.il.us

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 Rt. 59.

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

B/G Golf – Antioch Golf Course - Rt. 59 and Grass Lake Rd.
FIELD OF DREAMS: Rt. 120 to N. Fish Lake Rd., turn north to Molitor Rd., west on Molitor. Fields are behind the fire dept.

GRAYSLAKE CENTRAL HIGH SCHOOL

400 North Lake St.
Grayslake, IL 60030
(847) 223-8621 ext. 1021 or www.d127.org

US 41 North to Belvidere West (Rt. 120). North on Lake Street to school, which is on the left-hand side.

GRAYSLAKE NORTH HIGH SCHOOL

1925 North Rt. 83
Grayslake, IL 60030
(847) 986-3100 or www.d127.org

176 West to Waukegan Rd. Right to Rt. 137. Turn left (west) to school. Rt. 137 becomes 83 in Grayslake.

HERSEY HIGH SCHOOL

1900 E. Thomas
Arlington Heights, IL 60004
(847) 718-4827 or www.jhhs.d214.org

US 41 South to Lake-Cook Rd. West on Lake-Cook, south on Arlington Heights Rd. to Rand Rd. East on Rand Rd. to Thomas. Turn left. One block on the left.

Pool not on campus; call for information.

HIGHLAND PARK HIGH SCHOOL

433 Vine Ave.
Highland Park, IL. 60035
(224) 765-2095 or www.hphs.dist113.org

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

B/G Cross Country – Sunset Woods Park – 1801 Sunset Rd. – 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 Ave. West Approx 1/4 mile East of Rt. 41.

Softball – Vine Avenue Fields

HINSDALE CENTRAL HIGH SCHOOL

55th & Grant Street
Hinsdale, IL 60521
(630) 887-1340 X 240 or www.central.hinsdale86.org

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

HINSDALE SOUTH HIGH SCHOOL

7401 Clarendon Hills Rd.
Darien, IL 60561
(630) 887-1730 ext. 240 or www.south.hinsdale86.org

I-294 South to I-55 West. Exit North Rt. 83. Turn left on 75th St. and right on Clarendon Hills to school.

HOFFMAN ESTATES HIGH SCHOOL

1100 W. Higgins
Hoffman Estates, IL 60195
(847) 755-5770 or www.hehs.d211.org

I-294 South Exit Palatine Rd. West to Rt. 53. South on Rt. 53 to Rt. 72. Rt. 72 West to school.

HOMEWOOD-FLOSSMOOR HIGH SCHOOL

999 South Kedzie Ave.
Flossmoor, IL 60422
(708) 799-3000 ext. 1194 or www.hfhs.s-cook.k12.il.us

I-294 South to I-80 West to I-57 South to Vollmer Rd. East to Governor's Hwy. Turn left. School is at the Corner of Kedzie and Governor's Hwy.

LAKES COMMUNITY HIGH SCHOOL

1600 Eagle Way
Lake Villa, IL
(847) 838-7277 or www.lakeseagles.com

US Rt. 41 North to Grand Ave. West on Grand Ave. to Deep Lake Rd. North on Deep Lake Rd. to Grass Lake. Turn right on Grass Lake. At 1st stoplight turn left into high school.

B/G-Golf – Antioch Golf Course

LAKE ZURICH HIGH SCHOOL

300 N. Church St.
Lake Zurich, IL 60047
(847) 438-5155 ext. 4381 or www.lz95.net

West on 176 then south on Midlothian Rd. to school (Midlothian is Church St. in Lake Zurich)

B/G Basketball (Var & Soph) – Field House (JV & Frosh) - LZHS Main Gym

B/G Cross Country – Lakewood Forest Preserve (Rt. 176 and Fairfield Rd.)

B/G Golf – Village Green G.C., Winchester & Midlothian Rd.

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

LANE TECH HIGH SCHOOL

2501 W. Addison St.
Chicago, Illinois 60618
(773) 534-5400 x 6186 or www.lantech.org

90/94 SOUTH. Exit Addison. East on Addison St. to West Ave. School is on south/right side of street.

THE LATIN SCHOOL

59 West North
Chicago, IL 60610
(312) 573-4500 or www.latinschool.org

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 or www.lhswildcats.org

Rt. 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 Ave, Libertyville

B/G Golf – Village Green Golf Course

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 Rd. Turn right (north) on Butterfield to Lake St. Turn right (east) on Lake St. to Bolander (1 mile up on left-hand 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 Ave.
Wilmette, IL 60091
(847) 320-2493 or www.goramblers.org

US 41 South - Exit Old Skokie Rd. 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 Ave. west. Take Lake Ave. west to Waukegan Rd. Turn right (north) on Waukegan to Chestnut. Turn left (west) onto Chestnut and continue to John's Dr. Turn right (north) on to John's Dr. Campus is on right.

LYONS TOWNSHIP HIGH SCHOOL—North Campus

100 S. Brainard Ave.
LaGrange, IL 60525
(708) 579-6393 or www.lths.net

I-294 South toward O'Hare/Indiana – go 25 miles. Take Ogden Ave. exit. Turn left on Brainard Ave., cross the railroad tracks. Turn right on Cossitt Ave. to the school.

LYONS TOWNSHIP HIGH SCHOOL—South Campus

4900 Willow Springs Rd.
(Gilbert) Western Springs, IL 60558
(708) 579-6393 or www.lths.net

I-294 South toward O'Hare/Indiana – go 25 miles. Take Ogden Ave. exit. Take Ogden east to Gilbert/Willow Springs Rd. and continue south to 49th St. School in on the right after the shopping center.

Softball

Tennis (Fr/SO and Varsity)

B/G Tennis – (JV) – Gilbert Park on Willow Springs Rd. (also called Gilbert), 5 blocks south of Ogden.

MAINE EAST HIGH SCHOOL

2601 Dempster St.
Park Ridge, IL 60068
(847) 692-8290 or www.east.maine207.org

I-294 South, exit Golf Road East to Potter Rd., 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 Rd.
Park Ridge, IL 60068
(847) 692-8094 or www.south.maine207.org

West Rt. 60 or 22 to 294 South. Take IL-58 exit toward 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 Rd.
Des Plaines, IL 60018
(847) 803-5904 or www.west.maine207.org

I-294 South, exit west on Golf Rd. 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 Rd.
McHenry, IL 60050
(815) 385-7077 ext. 139 or www.dist156.org

I-94 North to Rt. 120, west on Rt. 120 to Crystal Lake Rd., south to school.

MUNDELEIN HIGH SCHOOL

1350 W. Hawley
Mundelein, IL 60060
(847) 949-2200 x 341 or www.d120.org

Rt. 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 - Rt. 176 West to Fairfield Road. Left on Fairfield, right on Ivanhoe to forest preserve.

NAPERVILLE CENTRAL HIGH SCHOOL

440 W Aurora Ave.
Naperville, IL 60540
630-420-6420
or www.schools.naperville203.org/central

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

NAPERVILLE NORTH HIGH SCHOOL

899 N. Mill St.
Naperville, IL 60563
630-420-6420
or www.schools.naperville203.org/north

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 Dr. 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.

Golf – Springbrook G.C.

NEUQUA VALLEY HIGH SCHOOL

2360 95th St.
Naperville, IL 60565
(630) 428-6848 or www.nvhs.ipsd.org

Exit I-88 at Rt. 59. Rt. 59 South to 95th. Left on 95th. School is approx. 1/2 mile on right side.

NEW TRIER HIGH SCHOOL – WINNETKA CAMPUS

385 Winnetka Ave.
Winnetka, IL 60093
(847) 501-6460 or www.newtrier.k12.il.us

EAST CAMPUS- US 41 South to Tower Rd. Exit east to Green Bay Rd., 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.

NEW TRIER HIGH SCHOOL—NORTHFIELD CAMPUS

7 Happ Rd.
Northfield, IL 60093
(847) 501-6460 or www.newtrier.k12.il.us

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

VAR/JV/FRA G-Soccer, Football, V/Soph Boys Soccer, Gymnastics, Frosh A/B-Boys Basketball, Boys Volleyball, 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 Rd. 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 Rd. East on Tower to Hibbard. South on Hibbard to golf course.

NILES NORTH HIGH SCHOOL

9800 North Lawler
Skokie, IL 60077

(847) 568-3331 or www.niles.hs.k12.il.us/north

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 Ave., south to Golf Rd. Left on Golf to Skokie Blvd. Right on Skokie Blvd. to Oakton, Left on Oakton, park is on your right.

Swim/Dive - Niles West High School

NILES WEST HIGH SCHOOL

5701 Oakton
Skokie, IL 60077
(847) 568-3800 or www.niles.hs.k12.il.us/west

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 St.
North Chicago, IL 60064
(847) 578-7400 x 28 or www.nchi.lfc.edu

Green Bay Rd. north to Argonne Dr. Argonne Dr. 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 or www.oprfhs.org

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 St. between Scoville and East Aves.

PALATINE HIGH SCHOOL

1101 N. Rohlwing Rd.
Palatine, IL 60067
(847) 755-1770 or www.phs.d211.org

US 41 South to Lake-Cook Rd. West on Lake-Cook to Hicks Rd., left on Hicks Rd. to Cunningham Rd., 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 Rd.) West. Go past Hicks Rd. The first right past Hicks Rd. will be the entrance to the Forest Preserve. Cross country starts at the second pavilion.

PRAIRIE RIDGE

6000 Dvorak Dr.
Crystal Lake, Illinois 60014
(815) 479-0404 or www.d155.org

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 or www.phs.d214.org

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

REGINA DOMINICAN HIGH SCHOOL

701 Locust Rd.
Wilmette, IL 60091
(847) 256-3725 www.rdhs.org

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

Softball - TECHNY

RICHARDS HIGH SCHOOL

10601 South Central Ave.
Oak Lawn, IL 60453
(708) 499-2550 ext. 111 or www.chsd218.org

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

ROLLING MEADOWS HIGH SCHOOL

2901 Central Rd.
Rolling Meadows, IL 60008
(847) 718-5634 or www.rmhs.d214.org

Take Lake Cook Rd. to Rt. 53, exit at Algonquin Rd. (Rte. 62) East to Barker Ave., turn left to Central, turn right.

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

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

Baseball (Fr) – at the high school

Softball (Lower Levels) - Rolling Meadows Park Dist. On Owl Dr.

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 or www.rlas-116.org

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

Golf - RENWOOD G.C. - Rt. 83 North to Rollins Rd. West. First stoplight is Hainesville Rd. South on Hainesville Rd. to golf course on the left.

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

ST. CHARLES HIGH SCHOOL (EAST)

1020 Dunham Rd.
St. Charles, IL 60174
(630) 377-4774 or www.east.d303.org

294 South to 90 W (Rockford) to 59 South on 59 to 64 West to Kirk Rd. (light).
Right on Kirk 1/4 mile to Stadium Dr.

ST. CHARLES HIGH SCHOOL (NORTH)

255 Red Gate Rd.
St. Charles, IL 60175
(630) 443-3450 or www.north.d303.org

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

SAINT VIATOR HIGH SCHOOL

1213 E. Oakton St.
Arlington Heights, IL 60004
(847) 392-0304 or www.saintviator.com

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

STEVENSON HIGH SCHOOL

One Stevenson Dr.
Lincolnshire, IL 60069
(847) 634-4000 ext. 210 or www.d125.org

US 41 South to Rt. 22 West to school. STEVENSON (VHAC), behind Vernon Hills High School. Rt. 60 to Milwaukee Ave. (Rt. 21). South on Milwaukee Ave. to Continental Dr. (CDW on left), then turn left at Lakeview Dr. (go past Vernon Hills High School on left), then turn left again at Fairway Dr. 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.

B/G Soccer – VHAC or stadium

B/G Tennis- VHAC

VERNON HILLS HIGH SCHOOL

145 West Lakeview Pkwy.
Vernon Hills, IL 60061
(847) 932-2023 or www.vhscougars.com

Rt. 60 West to Milwaukee Ave. (Rt. 21). South on Milwaukee to Executive Way Dr. (stoplight). Turn right at stoplight to Lakeview Pkwy. 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

WARREN HIGH SCHOOL—ALMOND ROAD CAMPUS

34090 Almond Rd.
Gurnee, IL 60031
(847) 599-3171 or www.wths.net

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

B/G Basketball, B/G Golf @ Bittersweet GC, B/G Tennis – (VAR), B/G Track, 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 Rd.
Gurnee, IL 60031
US 41 North to Rt. 132, W. on Rt. 132 to O'Plaine Rd. O'Plaine Rd. north one mile.

B/G Cross Country, B/G Tennis – (JV), B/G Soccer, Baseball – (Frosh), Football, B/G Swim/Dive

WAUBONSIE VALLEY HIGH SCHOOL

2590 Ogden Ave.
Aurora, IL 60504
(630) 375-3668 or www.wvhs.ipsd.org

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

WAUCONDA HIGH SCHOOL

555 N. Main St.
Wauconda, IL 60084
(847) 526-6611 or www.d18.org

West on Rt. 176 to Main St. Right on Main St. to school 1/4 mile on left.

Baseball- (Frosh) - at high school.

B/G Cross Country- Cooks Park – Across from high school

B/G Golf - Countryside Golf Course, Mundelein, IL

WAUKEGAN HIGH SCHOOL

2325 Brookside
Waukegan, IL 60085
(847) 360-5635 or <http://www.wps60.org/whs>

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 St.
Waukegan, IL 60085
US 41 North to Washington St. East approx. 3 miles to Jackson. School is on the Southeast corner of Jackson & Washington.

Badminton, B/G Basketball, B/G Volleyball

WHEATON NORTH HIGH SCHOOL

1 Falcon Way
Wheaton, IL 60187
(630) 682-2145 or www.wnhs.org

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 Rd.
Wheeling, IL 60090
(847) 718-7027 or www.whs.d214.org

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

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

ZION-BENTON HIGH SCHOOL

1 Z-B Way
21st & Kenosha Rd.
Zion, IL 60099
(847) 731-9360 or www.zbths.org

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

PEARCE CAMPUS: 23rd St. & Bethesda Blvd., Green Bay Rd. North to Wadsworth Rd. – East on Wadsworth to Lewis Ave. North on Lewis Ave. to 23rd St. to football field, on right side of street just past golf course.

Badminton - Horizon

Baseball (Varsity/Soph) – Horizon

Baseball (Freshman) - Shiloh Park – corners of 27th St. & Emmaus, Zion

B/G Cross Country- Van Patten Woods - US 41 North to Rt. 173. East on Rt. 173 to park.

Football – Horizon

Golf (Var) – Shepherds Crook, 43125 Green Bay Rd., Zion

Golf (Frosh/Soph) – Shiloh Golf Course, 2400 Dowie Memorial Dr., Zion

B/G Soccer (Var) – Horizon

B/G Soccer(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. Rt. 59 and Grass Lake Rd.

ARBORITUM West on Rt. 22 to golf course.

BITTERSWEET Rt. 41 North to Washington St. West on Washington to Almond Rd. and turn right. Follow Almond Rd. 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 Rd. west to golf course.

CHEVY CHASE G.C. Milwaukee Ave. south to golf course.

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

FOSS PARK North on Green Bay Rd. past 22nd St. Just past Argonne Dr. you will see a sign, turn left.

FOUR WINDS Rt. 176 West to golf course.

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

NORTHMOOR C.C. Green Bay South to Edgewood (stoplight). Turn left on Edgewood. Course is directly across from middle school.

OLD ORCHARD COUNTRY CLUB I-294 South. Exit Palatine Rd. (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. Rt. 83 North to Rollins Rd. West. First stoplight is Hainesville Rd. South on Hainesville Rd. 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 Rd. (about 3 miles). Go north on Alpine to first intersection which is Shady Hollow Ln. Turn left. Go one to two miles and the golf course is on the left.

SHEPHERDS CROOK Green Bay Rd. North to golf course. Golf course is North of Rt. 173 on the east side.

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

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

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

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

STONEWALL ORCHARD Located in Wauconda. 176 West to Fairfield Rd. Turn right on Fairfield Rd. to Rt. 60 (Turn Left 1.5 miles.)

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

VILLAGE GREEN Rt. 176 West to Midlothian. North on Midlothian to golf course.

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

PARKS AND FOREST PRESERVES

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

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

BUSSE WOODS (SCHAUMBURG) US 41 South to Lake-Cook Rd. to 53. South on Rt. 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 Rd. Past Wilson Rd. on right.

CUNIFF PARK (HIGHLAND PARK) South on 41, east on Rt. 22. North on Trailway.

DAVID PARK (ZION-BENTON) Green Bay Rd. North to Kenosha Rd. (Kenosha Rd. forks off to the right). Kenosha Rd. to 21st St., 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 Rd.) West. Go past Hicks Rd. The first right past Hicks Rd. 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 Rt. 80 West. Take Rt. 80 West to 29S. Detweiller Park is on Rt. 29S in Peoria.

DIAMOND LAKE RECREATION AREA (MUNDELEIN) - 26630 IL Rt. 60/83, Mundelein. Routes 60/83 - south side between Diamond Lake and Midlothian Rds.

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

DUKE CHILDS FIELD (NEW TRIER) 41 South to Tower Rd. and go left to Hibbard Rd. (stoplight) turn right to Willow. Field is on the north-west 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 Rd. Turn right on Golf, entering left lane immediately as you will be making a left turn on Leclaire. Follow Leclaire South to Emerson, turn left on Emerson to park.

FOX MEADOW PARK (NEW TRIER) 444 Fox Meadow Dr. Northfield. 41 South to Willow West to Fox Meadow and turn left.

FOX RIVER PARK (ANTIOCH) I-94 North into Wisconsin. West on Rt. 50, past Rt. 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 Pkwy—south of Rt. 60 and just north of Rt. 22. When you enter east on Woodlands Pkwy, veer to the left. Please park by Shelter B.

LAKEWOOD FOREST PRESERVE Rt. 176 West to Fairfield Rd. Left on Fairfield, right on Ivanhoe to forest preserve.

LIBERTYVILLE SOCCER COMPLEX Rt. 176 West to Rt. 21 (Milwaukee Ave.). North on Rt. 21 to Winchester. Left on Winchester 4 miles to complex.

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

MEADOW HILL PARK Waukegan Rd. South to Techny East to park.

OAKBROOK POLO FIELDS I-294 South to I-88 West (toward Aurora). Exit Rt. 83 South (second exit after toll booth) then go to 31st Street and turn left (east). Go about 1 mile from 1st stoplight and fields are on the left (small sign). If you go to York Rd. you have gone too far.

RON BEESE PARK (BARRINGTON) From Northwest Tollway: exit at Barrington Rd. North. Less than a quarter-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) Rt. 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 Rd. to Lotus Dr., head north on Lotus Dr. to courts. (Lotus Dr. is located east of Fairfield Rd. and west of Cedar Lake Rd.

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

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

CROSS COUNTRY SITES

LAKE FOREST Lake Forest (West/Athletic) Campus - IL-43, just south of IL-60

LAKE ZURICH Lakewood Forest Preserve-south of IL-176 at corner of Ivanhoe and Fairfield

LIBERTYVILLE Adler Park-Milwaukee Ave/IL-21, north side of Libertyville just south of IL-137

MUNDELEIN Diamond Lake Sports Complex- Rt. 60/83, between Midlothian and Diamond Lake

STEVENSON Half Day Forest Preserve-on Rt. 21 (Milwaukee Ave) just north of Rt. 22 (Half Day Rd.)

WARREN O'Plaine Campus - on O'Plaine Rd. south of Grand Ave

WAUKEGAN Waukegan Sports Park-at 3391 West Beach Rd.

ZION-BENTON Zion Leisure Center - at 2400 Dowie Memorial Dr.

