

2016-2017

HIGH SCHOOL

PREPARED FOR BEST



PARENT-ATHLETE
HANDBOOK &
SCOUT TRAILS

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

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.

Cut Policy

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

Athletic Forms

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

Practices: Vacation/School Closing

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

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

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

Training Room, Injuries, Insurance

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

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

Equipment

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

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

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

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

LFHS Sports Uniform Deposit

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

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

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

Sports Participation Fee

There is a sports participation fee of \$217.00 per sport which will be invoiced to the student's home 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.

Transportation Policy

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

1. Lake Forest provides transportation to and from all athletic contests and all athletes are required to utilize school transportation. Athletes may not participate in an away contest if they drive themselves to the event, or if they use alternate transportation without prior permission of the Athletic Director.

2. Most of our transportation is provided through Olson Bus Company. Lake Forest High School also uses 15 passenger and school vans. Only coaches and salaried employees may drive vans, meeting the requirements established by the Board of Education.

3. Bus drivers are not allowed to stop at residential streets or make other intermediate stops to allow students to leave the bus because they might be closer to home. Students are expected to ride the bus back to school.

4. In extenuating circumstances, parents may need to drive their own children to or from a contest, coaches will require notification of such instances. Such arrangements are not encouraged.

5. When traveling to away activities, athletes must remember that they represent LFHS and should dress and act appropriately. Coaches may direct athletes as to what actions and dress requirements are expected.

Attendance

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

Athletic Academic Eligibility Scholastic Standing—IHSA

A. You must pass twenty-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 (Beginning with the 2nd semester of the 2012-13 school term.)

C. Athletic Waiver

Only rostered players are eligible for the athletic waiver and will receive credit for their Wellness requirement for that semester.

Managers are NOT eligible to receive Athletic Study Hall.

Eligibility Procedures

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

- 1st offense> (week one)
Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director
Student will attend mandatory study tables Mon–Thurs 3:10–4:00. May attend practice/games after 4:00. Check with coach on expectations.
Athlete will not be able to participate in contests that week (M–Sat.)
- 2nd consecutive offense> (week two)
Same as above
- 3rd consecutive offense> (week three)
Same as above
Including a Team Suspension. At this time, NO games and NO practice will be allowed.
Athlete has one more week to pull their credits up to a 2.5.
- 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.
- Dropped from roster
If an athlete is removed or removes him/herself from the active roster, all Wellness requirements will need to be addressed and will be the athlete's responsibility to make up any classes. The student-athlete will be immediately placed in a Wellness class.

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.)

Coeducational Interscholastic Competition

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

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

Athletic Passes

Lake Forest High School students may purchase student activity cards at the beginning of the school year. This pass can be used for admission to all Lake

Forest High School athletic events. Parents that are “Super Scout” members of the LFHS Booster Club are allowed free admission to home LFHS Athletic Events when the pass is presented at the door or gate.

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

Athletic Rosters/Schedules

Team Rosters and athletic schedules are available on-line at www.lakeforestschools.org

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 (via Instant Alert) by 2:00 pm the day of the contest. Information regarding cancellations will be updated on our website. Coaches will determine practice times on days of cancellations. In the case of school closing due to weather, coaches may hold practices. This information would be available through the coach.

Notify Me!

One of the most helpful features of the Calendar is the “Notify Me” function. If you click “Notify Me” from the main calendar screen (see Item No. 5 above), you can get text messages to your cell phone or email notifications for both reminders before events and any schedule changes.

First, choose which competitive activities you want by checking them off on the list on the screen below, then clicking Continue >> to move to a list of all other “non-competitive” school activities published on the calendar.

Then, click Continue to choose if and when to get reminders before each of your chosen activities (optional). MOST importantly, check off the box for each that says “Also Notify Me with all Schedule Changes.” Then click Continue.

The last step is to add your name, and if you would like email notifications, add your email address (and you can add a 2nd email if you like). If you would like text messages to your cell phone, add in your cell phone number and mobile carrier from the dropdown menu. You can also set up a password so you can log in in the future and change these settings. When completed, click Save Settings and you are finished!

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 enable 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 and discourages student-athletes “piling on” one another as a form of celebrating victory.

Fundamentals of Good Sportsmanship

Goals and Expectations

Participation in athletic activities is a privilege.

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

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

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

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

The Athlete

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

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

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

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

The Coach

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

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

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

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

The Parent

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

- I will encourage good sportsmanship by demonstrating support for all athletes, coaches and officials at every game, practice or other athletic event.
- I will place the emotional and physical well-being of my child and other student-athletes ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will not encourage any behaviors or practices that would endanger the health and well-being of athletes.
- I will treat other players, parents, coaches, fans and officials with respect and refrain from verbal indignities.
- I will teach my child to play by the rules and to resolve conflicts with civility and without resorting to hostility or violence.
- I will respect the coaches and officials and their authority during games

and will not question, discuss or confront coaches at the game site.

- If I have issues or concerns to discuss, I will take time to speak with the coach at an agreed-upon time and place.
- I will do my best to ensure that the sport is enjoyable for my child and remember that the game is for the athletes and not the adults.
- I will demand a drug, tobacco and alcohol-free sports environment for my child and refrain from their use at all events.

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

Athlete/Parent/Coach Communication

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

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

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

Conflict Resolution Process

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

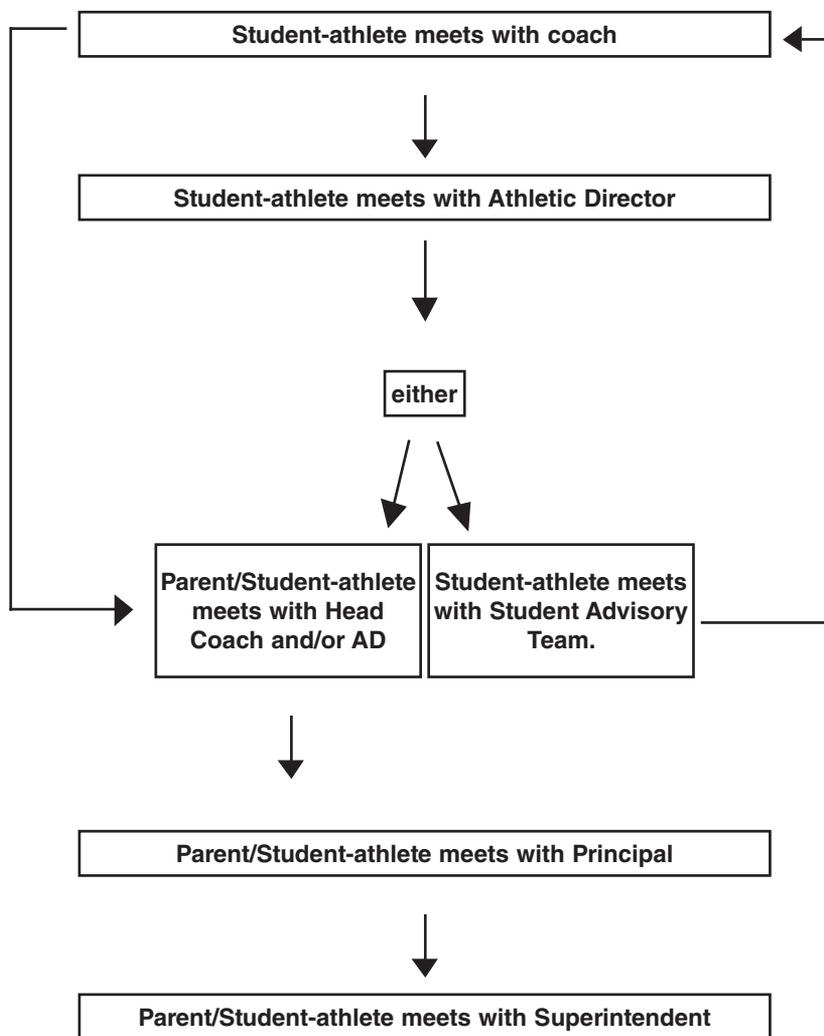
Athletes or their parents should first seek to resolve disagreements with the coach. If issues remain unresolved, the matter should move to the Athletic Director for mediation and further discussion. If resolution is still unreachable, the athlete may enlist the aid of the Student Advisory Team, who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



Conflict Resolution Process Chart

For Athletic Concerns

Ideally, issues should be resolved between the athlete and the coach. If a situation remains unresolved, it should proceed through the following sequence and reach resolution at the earliest level



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

North Suburban Conference

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

Current members of the North Suburban Conference are:

Lake Division

Lake Forest High School
Lake Zurich
Libertyville High School

Mundelein High School
Stevenson High School
Warren High School
Zion-Benton High School

Prairie Division

Antioch High School
Grant High School
Lakes Community High School

North Chicago High School
Round Lake High School
Vernon Hills High School
Wauconda High School

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

Boys

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

Girls

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

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

Lake Forest High School Interscholastic Athletics 2016-17

ATHLETIC DEPARTMENT PHILOSOPHY

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

The athletic program is in conformance with policies established by Lake Forest High School and the Constitution and By-Laws of the Illinois High School Association (IHSA).
Adopted August 1996

All students must have, in order to participate:

1. *Current physical (physicals are considered expired after 1 year of the date of the physical)
2. Athletic participation card/ Code of Conduct (AC)
3. *Emergency form (E)
4. Concussion information sheet (CIS)

*Freshman Physical and Emergency forms are returned to the school nurse and will satisfy both the nurse and athletic requirements for incoming freshman. Try out information, for all sports, will be listed on the Athletic home page <http://www.lakeforestschools.org/lfhs/athletics/index.aspx>

Anytime you have questions, please call the Athletic Office @ (847) 582-7700.

There is an opportunity for every student to participate!

Fall Season

Girls' Sports

Cross Country (begins Aug. 10) (Varsity/J.V.)
Golf (begins Aug. 10) (Varsity/J.V.)
Field Hockey (begins Aug. 10) (Varsity/J.V. A & B)
Swimming & Diving (begins Aug. 10) (Varsity/J.V.)
Tennis (begins Aug. 10) (Varsity/J.V./Frosh)
Volleyball (begins Aug. 10) (Varsity/Soph/Frosh A & B)
Sideline Cheerleading (begins Aug. 10) (Varsity/J.V.)
Pom Poms (begins Aug. 10) (Varsity/J.V.)

Boys' Sports

Cross Country (begins Aug. 10) (Varsity/Frosh-Soph)
Golf (begins August 10) (Varsity/Frosh-Soph)
Football (begins August 8) (Varsity/Soph/Frosh A & B)
Soccer (begins Aug. 10) (Varsity/J.V./Soph/Frosh A & B)

Winter Season

Girls' Sports

Basketball (begins Oct. 31) (Var/J.V./Soph/Frosh A & B)
Gymnastics (begins Nov. 11) (Varsity/J.V.)
Cheerleading (10/24) (Varsity/J.V.)
Pom Poms (10/24) (Varsity/J.V.)

Boys' Sports

Basketball (begins Nov. 7) (Varsity/J.V./Soph/Frosh A&B)
Wrestling (begins Nov. 7) (Varsity/J.V./Frosh)
Swimming & Diving (begins Nov. 21) (Varsity/J.V.)

Spring Season

Girls' Sports

Track & Field (Feb-TBA) (Varsity/J.V.)
Badminton (begins Feb. 27) (Varsity/J.V./Frosh-Soph)
Softball (begins Feb. 27) (Varsity/J.V./Frosh)
Soccer (begins Feb. 27) (Varsity/J.V./Soph/Frosh)
Lacrosse (begins Feb. 27) (Varsity/J.V./Frosh-Soph)
Water Polo (begins Feb. 27) (Varsity/J.V.)

Boys' Sports

Track & Field (Feb-TBA) (Varsity/Frosh-Soph)
Volleyball (begins Mar. 6) (Varsity/J.V./Frosh)
Baseball (begins Feb. 27) (Varsity/Soph/Frosh A & B)
Lacrosse (begins Feb. 27) (Varsity/J.V./Frosh)
Tennis (begins Feb. 27) (Varsity/JV)
Water Polo (begins Feb. 27) (Varsity/J.V.)

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

WANT TO PLAY A SPORT? THINGS YOU SHOULD KNOW.

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

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

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

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

Five different things: (Mailed out in June)

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

- *New Code of Conduct*

- *IHSA Steroid form*

- *Emergency Contact form*

- *Physical – current*

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

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

- *\$217.00 per sport is the fee that must be paid in full upon receiving the bill from the Business Office—usually, two weeks within the season.*

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

- **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.

- **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.

Any other questions? Please refer to our Parent Handbook. It covers everything you need to know. The Parent Handbook is available on line at www.lakeforestschools.org click on Athletics/click on Parent Handbook.

Thank you for your interest in interscholastic sports.

MOST-OFTEN-ASKED QUESTIONS ABOUT THE LFHS ATHLETIC PROGRAM

Q: How do we find out about tryouts?

A: Starting dates are listed in this booklet. Information is also posted on our website: www.lfhs.org

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

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

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

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

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

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

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

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

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

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

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

A: No.

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

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

INTERSCHOLASTIC SPORTS AWARDS AND HONORS

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

FRESHMAN AWARD

- a) Numerals will be presented to freshmen after participation in their first sport.
- b) If freshmen participate and receive the award for the 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

A 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.

THE WALL OF FAME

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



Abeunt Studia in Mores
"They leave, striving after morality."

Lake Forest High School

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



(For 2016-17 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 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. For example, 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.

- 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.
- 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.
- 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.

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.

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.

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.



NCAA Requirements

Division I:

College-bound student-athletes first entering an NCAA Division I college or university on or after August 1, 2016, will need to meet a new academic rules in order to receive athletics aid (scholarship), practice or compete during their first year.

What are the new Division I Requirements?

Full Qualifier

Complete 16 Core Courses:

- Ten of the 16 core courses must be complete before the seventh semester (senior year) of high school
- Seven of the 10 core courses must be in English, Math, or Science. Minimum Core-Course GPA of 2.300. Meet the sliding scale requirement of GPA and ACT/SAT Score.

Graduate from high school

Academic Redshirt

Complete 16 Core Courses:

- Minimum Core-Course GPA of 2.000. Meet the sliding scale requirement of GPA and ACT/SAT Score.

Graduate from high school

Nonqualifier

Does not meet requirements for Full Qualifier or Academic Redshirt status

Full Qualifier: A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.

Nonqualifier: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.

Examples:

Q: A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. What is the college-bound student-athlete's initial-eligibility status?

A: The college-bound student-athlete cannot be certified as a qualifier because only 10 required courses were completed before the seventh semester. He/she would be permitted to practice and receive aid (scholarship), provided he/she presents 16 core courses and meets the necessary Core-Course GPA and test score requirement at the time of graduation.

Q: A college-bound student-athlete completes 16 core courses in the required framework with a 2.200 Core-Course GPA and a 79 sum ACT. What is the college-bound student-athlete's initial-eligibility status?

A: The college-bound student-athlete is an academic redshirt under the new sliding scale because the minimum GPA requirement is 2.300.

Q: A college-bound student-athlete completes 15 core courses with a 2.500 Core-Course GPA and an 820 SAT score (critical reading and math). What is the college-bound student-athlete's NCAA initial-eligibility status?

A: The college-bound student-athlete is a nonqualifier because only 15 core courses were completed, not the required 16 core courses.

For additional information on these requirements, please visit www.eligibilitycenter.org

Division II Initial-Eligibility Requirements

Core Courses

- 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

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

Code of Conduct

Philosophy

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

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

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

Period and Scope

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

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

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

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

Athletic Code Violations

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

Appeal Process

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

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

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

Category 1	
Violations	First Violation Consequences
<p>Any conduct unbecoming. Examples include but are not limited to acts of violence, criminal damage to property, vandalism, theft, hazing, bullying and intimidation and harassment (i.e. hand-written, technology-generated or spoken words).</p> <p>Repeated violation of school policies or rules, gross disobedience or misconduct resulting in an athlete being suspended may affect a student-athlete's athletic eligibility.</p>	<p>In Season: 15% of his/her current sport contests and loss of captain status (if applicable). During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Out of Season: Loss of playing time 0% to 15% in next participated sport, and/or up to 15 athletic service hours, and may not be able to serve as captain in his/her next sport. The athletic service hours must be completed within 60 days of the code meeting or before the start of the student-athlete's next scheduled sport (whichever happens first). Failure to complete athletic service hours within the time requirement will result in the student-athlete serving the full 15% suspension.</p>
Category 2	
Violations	First Violation Consequences
<p>The purchase, possession, delivery, distribution or use of tobacco products.</p> <p>The purchase, possession, delivery, distribution, use or being under the influence of alcohol, a controlled substance, other illegal mood-altering and/or performance enhancing drugs or chemicals or any substance used to obtain an altered mental state or "high."</p> <p>The purchase, possession, delivery or distribution of look-alike drugs, drug paraphernalia, false identification or alcohol containers.</p> <p>Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances are present.</p> <p>Note: Any picture or online 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.</p> <p>During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Any student-athlete with a second Category 2 Code violation or any Category 3 Code violation will meet with a school social worker and may be required to participate in a recognized, community-based substance abuse or other corrective program.</p>	
Third Violation Consequences (for all categories)	
<p>In and Out of Season: The student-athlete will be excluded from all athletic programs for the remainder of his/her high school career.</p> <p>The student-athlete may petition, in writing, to the athletic director for reinstatement to the athletic program, providing that at least one calendar year of suspension has been completed from the date of the third infraction. Any reinstated student-athlete will be at the second violation level.</p>	

I have read the Athletic Code of Conduct of Lake Forest High School, and understand the categories of violations and consequences of the Lake Forest High School Code of Conduct.



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

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.

- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.

- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high

school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol, which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

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

CONCUSSION INFORMATION SHEET

MUST be SIGNED and RETURNED BEFORE first day of practice (see reverse side for signature area)

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.

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

Symptoms may include one or more of the following:	Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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

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_faq.html, or contact one of the athletic trainers at jdooley@lfschools.net, jregan@lfschools.net or sweidner@lfschools.net.

We have read and understand the above information, and consent to the use of the ImpACT testing program as needed to evaluate our child’s post-concussion brain function or status, including obtaining pre-injury baseline data as deemed appropriate based on the athlete’s sport.

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!

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

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

Girls Field Hockey – current directions can be found on the following website: www.ihsfha.org

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

Boys Lacrosse – www.ihslla.org

Girls Lacrosse – www.ihswwa.org

Thanks for being a loyal fan and supporting the SCOUTS!

ANTIOCH HIGH SCHOOL

1133 S. Main St.

Antioch, IL 60002

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

E.T.A.=90 minutes

US 41 North to Rt. 173, west to school on the corner of Main & Rt. 173, more than 5 miles west of 41.

Cross Country – Fox River Park, Silver Lake, Wisconsin. Take Rt. 83 into Wisc.

Go to County Hwy. C and turn left (west). Go to County Hwy W and turn right (north). Go to County Hwy. F and turn right (east). The park will be on your right. There is no parking on the grass, only in one of the three assigned lots.

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

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

B/G Soccer McMillan Fields

Field Hockey – McMillan Fields www.ihsfha.org

Softball – McMillan Fields

BARRINGTON HIGH SCHOOL

616 West Main Street

Barrington, IL 60010

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

E.T.A.=45 minutes

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

Lake-Cook Rd. becomes Main St.

Boys Lacrosse – www.ihslla.org

Girls Lacrosse – www.ihswwa.org

BARTLETT HIGH SCHOOL

701 Schick Rd.

Bartlett, IL 60103

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

E.T.A.= 60 minutes

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

E.T.A.=45 minutes

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

CARMEL HIGH SCHOOL

One Carmel Parkway

Mundelein, IL 60060

(847) 388-3324 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

E.T.A.=45 minutes

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

E.T.A.=60 minutes

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

E.T.A.=90 minutes

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/cfs
E.T.A.=90 minutes
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
E.T.A.=30 minutes
South on Waukegan Rd. to school.
Golf - DEERFIELD G.C. - North of Saunders Rd., next to I-294.
Girls Field Hockey – www.ihsfha.org
Boys Lacrosse – www.ihsila.org
Girls Lacrosse – www.ihsvla.org

ELK GROVE HIGH SCHOOL

500 W. Elk Grove Blvd.
Elk Grove Village, IL 60002
(847) 718-4400 or www.d214.org
E.T.A.=45 minutes
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
E.T.A.=45 minutes
South on US 41 to Dempster, proceed east on Dempster four miles to Dodge. North on Dodge to school. The school is on the corner of Dodge and Church.
Golf - EVANSTON COMMUNITY G.C. - US 41 South, exit Old Skokie Rd. East on Lake Ave. to Green Bay Rd. South on Green Bay to Central. East on Central to golf course (past Dyche Stadium).
Boys Lacrosse – www.ihsila.org
Girls Lacrosse – www.ihsvla.org

FENTON HIGH SCHOOL

1000 W. Green
Bensenville, IL 60106
(630) 860-6261 or www.fenton100.org
E.T.A.=60 minutes
I-294 South to Irving Park Rd. Exit west on Irving Park to Church St. south on Church to school (over RR Tracks) turn right.

FREMD HIGH SCHOOL

1000 S. Quentin
Palatine, IL 60067
(847) 755-2771 or www.fhs.d211.org
E.T.A.=45 minutes
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
ETA 1 hour/15 minutes

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
E.T.A.=60 minutes
I-294 South toward O'Hare/Indiana. Take I-290 West exit toward US-20/IL-64/Rockford. Take exit #13B/IL-64 West onto North 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
E.T.A.= 60 minutes
Rt. 60 (west). Turn left (south) on Rt. 83. Turn right (west) on Lake Cook Road. Rt. 53 (south). 355 (south) Exit Army Trail Road. Turn right (west). Approx. 4 miles, turn left (south) on Gary Ave. Go approx. 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.
Boys Lacrosse – www.ihsila.org
Girls Lacrosse – www.ihsvla.org

GLENBROOK SOUTH HIGH SCHOOL

4000 Lake Ave.
Glenview, IL 60025
(847) 486-4424 or www.glenbrook225.org/south
E.T.A.=45 minutes
US 41 South. Exit Skokie Blvd. west on Lake Ave. to school. Go west for approx 5 miles to Pfingsten Rd. At Pfingsten turn right—get into the left lane. GBS is located on left. Entrance is at the north end of school.
Frosh Baseball - MEADOW HILL PARK - Waukegan Rd. South to Techny East to park.
Golf - GLENVIEW G.C. - US 41 South. Exit Old Skokie R.d. West on Lake Ave. to Shermer. South on Shermer to course.
Girls Field Hockey - www.ihsfha.org
Boys Lacrosse – www.ihsila.org
Girls Lacrosse – www.ihsvla.org

GRANT HIGH SCHOOL

285 E. Grand Ave.
Fox Lake, IL 60020
(847) 587-2561x228 or www.grant.lake.k12.il.us
E.T.A.=45 minutes

Rt. 60 West (past Rt. 83 in Mundelein- about 5 miles) to Rt. 12. Turn right on Rt. 12 to Grand Ave. Turn right on Grand (approx. 2 miles). The school is on the right on corner of Grand Ave. and 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: Rte 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
E.T.A.=30 minutes

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

Boys Lacrosse – www.ihsia.org

Girls Lacrosse – www.ihswia.org

GRAYSLAKE NORTH HIGH SCHOOL

1925 North Rt. 83
Grayslake, IL 60030
(847) 986-3100 or www.d127.org
E.T.A.=30 minutes

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

Boys Lacrosse – www.ihsia.org

Girls Lacrosse – www.ihswia.org

HERSEY HIGH SCHOOL

1900 E. Thomas
Arlington Heights, IL 60004
(847) 718-4827 or www.jhhs.d214.org
E.T.A.=45 minutes

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
E.T.A.=30 minutes

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

Girls Field Hockey - www.ihsfha.org

Boys Lacrosse – www.ihsia.org

Girls Lacrosse – www.ihswia.org

HINSDALE CENTRAL HIGH SCHOOL

55th & Grant Street
Hinsdale, IL 60521
(630) 887-1340 X 240 or www.central.hinsdale86.org
E.T.A.=60 minutes

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
E.T.A.=60 minutes

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

Boys Lacrosse – www.ihsia.org

Girls Lacrosse – www.ihswia.org

HOFFMAN ESTATES HIGH SCHOOL

1100 W. Higgins
Hoffman Estates, IL 60195
(847) 755-5770 or www.hehs.d211.org
E.T.A.=60 minutes

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
E.T.A.=90 minutes

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.

Girls Field Hockey - www.ihsfha.org

LAKES COMMUNITY HIGH SCHOOL

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

Girls Field Hockey - www.ihsfha.org

LAKE ZURICH HIGH SCHOOL

300 N. Church St.
Lake Zurich, IL 60047
(847) 438-5155 ext. 4381 or www.lz95.net
E.T.A.=45 minutes

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 (Rte 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

Boys Lacrosse – www.ihsia.org

Girls Lacrosse – www.ihswia.org

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.
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihswia.org

THE LATIN SCHOOL

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

LIBERTYVILLE HIGH SCHOOL

708 West Park Ave.
Libertyville, IL 60048
(847) 367-7063 or www.ihswildcats.org
E.T.A.=30 minutes
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
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihswia.org
B/G Soccer – Libertyville Soccer Complex or at the High School Stadium
Baseball – (Fr) Little League Complex. From Libertyville High School on 176 continue west to Butterfield 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
E.T.A.=45 minutes
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 Dri. Turn right (north) on to John's Dr. Campus is on right.
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihswia.org
Girls Field Hockey - www.ihsfha.org

LYONS TOWNSHIP HIGH SCHOOL—North Campus

100 S. Brainard Ave.
LaGrange, IL 60525
(708) 579-6393 or www.lths.net
E.T.A.=60 minutes
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.
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihswia.org

MAINE EAST HIGH SCHOOL

2601 Dempster St.
Park Ridge, IL 60068
(847) 692-8290 or www.east.maine207.org
E.T.A.=45 minutes
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
E.T.A.=60 minutes
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
E.T.A.=60 minutes
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
E.T.A.=90 minutes
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
E.T.A.=30 minutes
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.
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihswia.org

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.

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

NAPERVILLE NORTH HIGH SCHOOL

899 N. Mill St.
Naperville, IL 6056
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.

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

NEUQUA VALLEY HIGH SCHOOL

2360 95th St.
Naperville, IL 60565
(630) 428-6848 or www.nvhs.ipeds.org
Exit I-88 at Rt. 59. Rt. 59 South to 95th. Left on 95th. School is approx 1/2 mile on right side.

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

NEW TRIER HIGH SCHOOL - WINNETKA CAMPUS

385 Winnetka Ave.
Winnetka, IL 60093
(847) 501-6460 or www.newtrier.k12.il.us
E.T.A.=30 minutes
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).

Girls Field Hockey - www.ihsfha.org

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,

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

VAR Tennis - NIELSON TENNIS CENTER-Willow and Hibbard. 41 to Tower. East to Hibbard turn right. **Baseball (All)** - DUKE CHILDS FIELD - 41 South to Tower 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
E.T.A.=30 minutes
US 41 South - Exit Old Orchard East to Lawler, right on Lawler to school.
B/G Soccer (Lower level) – Lawler Park – just north of school on Old Orchard Rd.
Baseball – Behind school
Softball (JV & Frosh) – Oakton Park – from Niles North – right on Lawler Ave.,

south to Golf Rd. Left on Golf to Skokie Blvd. Right on Skokie Blvd. to Oakton, Left on Oakton, the 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
E.T.A.=60 minutes
US 41 South, exit west on Dempster to Menard St. (2nd light) south on Menard to Oakton. Right to school.
B/G Golf- Willow Hill

NORTH CHICAGO HIGH SCHOOL

1717 17th St.
North Chicago, IL 60064
(847) 578-7400 x 28 or www.nchi.lfc.edu
E.T.A.=20 minutes
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
E.T.A.=90 minutes
I-294 South to Eisenhower Expy. (290) to Harlem Ave. North on Harlem to Lake St. then east to school.

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

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org
Girls Field Hockey - www.ihsfha.org

PALATINE HIGH SCHOOL

1101 N. Rohlwing Rd.
Palatine, IL 60067
(847) 755-1770 or www.phs.d211.org
E.T.A.=60 minutes
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.

Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

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
E.T.A.=60 minutes
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
E.T.A.=30 minutes
US 41 South to Lake Ave. East, 7 blocks to Locust, South (right) on Locust to school 2 blocks.
Softball - TECHNY

RICHARDS HIGH SCHOOL

10601 South Central Ave.
Oak Lawn, IL 60453
(708) 499-2550 ext. 111 or www.chsd218.org
E.T.A.=90 minutes
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
E.T.A.=60 minute
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
E.T.A.=45 minutes
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
E.T.A. 90 Minutes
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.
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

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
E.T.A.=60 minutes

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
E.T.A.=30 minutes
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. -
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org
B/G Soccer – VHAC or stadium
B/G Tennis- VHAC
Girls Field Hockey - www.ihsfha.org

VERNON HILLS HIGH SCHOOL

145 West Lakeview Pkwy.
Vernon Hills, IL 60061
(847) 932-2023 or www.vhscougars.com
E.T.A. = 30 minutes
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
Boys Lacrosse – www.ihsia.org
Girls Lacrosse – www.ihsuia.org

WARREN HIGH SCHOOL—ALMOND ROAD CAMPUS

34090 Almond Rd.
Gurnee, IL 60031
(847) 599-3171 or www.wths.net
E.T.A. 30 Minutes
Rte 41 North to Washington St. West on Washington to Almond Rd. (about 3.5 miles west of O'Plaine) Left on Almond 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

Boys Lacrosse – www.ihsila.org

Girls Lacrosse – www.ihsvla.org

WAUBONSIE VALLEY HIGH SCHOOL

2590 Ogden Ave.

Aurora, IL 60504

(630) 375-3668 or www.wvhs.ipsd.org

E.T.A.=120 minutes

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 Eola and Ogden.

WAUCONDA HIGH SCHOOL

555 N. Main St.

Wauconda, IL 60084

(847) 526-6611 or www.d18.org

E.T.A. = 60 minutes

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

E.T.A.=30 minutes

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

E.T.A.=1.5 hours

41 South to Lake Cook – go west. Exit 53 South– becomes 355. Take 355 South to North Ave. – go west (4.5 mi.). Turn left on Gary Ave. (2.1 mi.) Left/east on Thomas. School is on the north side of street.

WHEELING HIGH SCHOOL

900 S. Elmhurst Rd.

Wheeling, IL 60090

(847) 718-7027 or www.whs.d214.org

E.T.A.=45 minutes

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

E.T.A.=45 minutes

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

B/G Soccer (VAR) – Horizon (Soph/Frosh) – Pearce

Softball -Var/JV @ Horizon/ Fresh @ David Park – Just east of the main high school campus.

Swim/Dive - Horizon

B/G Tennis – Horizon

B/G Volleyball - Horizon

GOLF COURSES

ANTIOCH G. C. 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 northwest corner of Willow and Hibbard.

EMERSON PARK (NILES NORTH) From Niles North High School. Exit North parking lot, turn right, follow Lawler South to Golf 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.

Boys Lacrosse – www.ihsa.org

Girls Lacrosse – www.ihsawla.org

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.

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

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

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

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.

