

ALL FALL SPORTS BEGIN ON MONDAY, AUGUST 12, 2024

LYONS TOWNSHIP HIGH SCHOOL ATHLETIC PROGRAMS – FALL SEASON – 2024

All students wishing to participate in athletics **MUST** have a [current physical](#) on file and complete the athletic online registration by August 9th. Please register your student as soon as possible. Registering after August 9th may lead to a delay in participation of practice or tryouts for your sport. If you are unsure if you have turned in a sports physical or if it is expired, check on Infinite Campus ([instructions](#)).

The Athletic Department requires each participant to complete the online registration for each sport season. This insures the safety of the athlete, and also updates the athletic eligibility files.

Boys Cross Country

Is a “No-Cut” sport. All practices are mandatory practices starting on Monday, August 12th for freshmen, sophomores, juniors and seniors. Athletes that miss practice will be removed from the team. We will meet at the South Campus Track. Wear a t-shirt, shorts and running shoes and prepare for a 3-mile run.

Week of 8/12 – 7-9am-Monday/Tuesday/Saturday, 3:30-5:30pm Wednesday/Thursday/Friday meet at the south campus track

Week of 8/19 – Monday thru Friday practice 3:30-5:30pm, Saturday practice 7-9am

Week of 8/26 – Home meet on Monday, practice Thursday & Friday 3:30-5:30pm, Saturday - Annual Beach Run 7am-1pm.

Questions - Mike Danner – mdanner@lths.net

Girls Cross Country

Is a “No-Cut” sport. Practice begins Monday, August 12th at 3:00pm for freshmen, sophomores, juniors and seniors. Meet in the Field House at South Campus. Dress in workout gear and bring your own water bottle and watch. Questions – call the Athletic office at 708-579-6393.

Week of 8/12 – Monday thru Friday practice 3-5pm, meet in the SC field house

Week of 8/19 – Monday thru Friday practice 3:30-5:30pm. Saturday practice 7-9am – meet in the SC field house.

Football

Is a “No Cut” sport. Practice for freshmen, sophomores, juniors and seniors begins on Monday, August 12th.

Where: South Campus

When: We officially start football on Monday, August 12th. We will practice in the morning on Monday, August 12 and Tuesday, August 13. On Wednesday & Thursday, August 14 & 15th, all levels will practice at 3:15pm.

Freshman will practice from 6:00-8:00am on August 12 & 13th

Sophomores will practice from 7:00-9:00am on August 12 & 13th

Varsity will practice from 7:00-10:00am on August 12 & 13th

What to wear: T-shirt, athletic shorts and athletic shoes

What to bring: Lock, football cleats, helmet, shoulder pads and practice jersey. If you did not participate in the summer football camp, you will receive equipment the first week of practice.

You must have a current physical on file in order to participate and your physical is good for 13 months. If you have any questions, please contact Varsity-Coach Beutjer at jbeutjer@lths.net, Sophomore–Coach Bonifas at cbonifas@lths.net or Freshman–Coach King at mking61600@aol.com.

Thank you and we look forward to having you be a part of the football program and family!
GO LT!

Boys Golf

Is a “Cut” sport. Players should report on Monday, August 12th see times/location below. You must have a current physical on file and athletic online registration completed in order to tryout. Also bring your summer tournament results.

FR/SO	MON	8-12-24	Flagg Creek	9 Holes	11:00am
FR/SO	TUES	8-13-24	Prairie Bluff	18 Holes	10:40am
FR/SO	WED	8-14-24	Flagg Creek	18 Holes	9:30/Noon

VAR	MON	8-12-24	Prairie Bluff	18 Holes	9:25am
VAR	TUES	8-13-24	Prairie Bluff	18 Holes	10:00am
VAR	WED	8-14-24	Prairie Bluff	18 Holes	9:25am

CUTS MAY BE MADE AFTER EACH ROUND. TEE TIMES SUBJECT TO CHANGE. PLAYERS ARE RESPONSIBLE FOR OWN TRANSPORTATION AND GREEN FEES.

Questions - Varsity, Brian Kopecky - bkopecky@lths.net,
Frosh/Soph, Bryan Alosio – baloisio@lths.net

Girls Golf

Is a “Cut” sport and all tryout rounds are at Flagg Creek Golf Course in Countryside. Athletes are responsible for transportation and green fees. Estimated fees are \$34 for 18 holes. Make sure on-line registration and physicals are on file with LT before the 10:45am Meeting on August 12th at Flagg Creek.

TRYOUTS:

Monday, 8/12 at 10:45am – Team meeting at Flagg Creek followed by 18 holes of tryouts to follow. (Know the basic rules of golf

-- <https://www.usga.org/content/usga/home-page/rules-hub/education.html>)

Tuesday, 8/13 – 5:45am tryouts - 18 holes

Wednesday, 8/14 – 9:45am tryouts - 9 holes followed by a short meeting to inform players who made the team. Questions – Jeff Johnson – jjohnson@lths.net

Boys Soccer

Is a “Limited sport”. Players should complete all paperwork online. Monday, August 12th tryouts for ALL Levels will be held from 8am-11am on the North Campus Soccer Fields. (Cossitt & Willow Springs). Players should bring a ball, shin guards, cleats, running shoes, and water. Schedules will be given the first day. Questions, please contact Paul Labbato at plabbato@lths.net

Girls Swim/Dive

Is a “Limited” sport. All swimmers/divers should report to the South Campus pool, Monday, August 12th from 8am-12pm. Bring your suit, goggles, cap, locks and water bottle. Online registration and a current physical must be on file prior to the first day. You must be present for tryouts to be considered for inclusion on the team. Questions – Scott Walker – swalker@lths.net.

Girls Tennis

Is a “Cut” sport. Tryouts will be held on August 12th, 13th & 14th. All tryouts will take place at the South Campus tennis courts. Questions, please contact Clint Buetikofer – cbuetikofer@lths.net

Freshman/Sophomores: 8-10am Monday/Tuesday, 3:15-4:45pm Wednesday
Juniors/Seniors: 10:30-12:30 Monday/Tuesday, 4:45-6:15pm Wednesday

Girls Volleyball

Is a “Cut” sport. All volleyball athletes will meet for tryouts on Monday, Aug. 12th. Tryouts will continue daily until teams are selected. Tryouts consist of skill evaluation and physical conditioning.

Varsity: 8-11am Monday/Tuesday, 3:30-5:30pm Wednesday/Thursday in the NC Field House

Sophomore: 8-11am Monday/Tuesday, 3:30-5:30pm Wednesday/Thursday in the NC Field House

Freshman: 8-10am Monday/Tuesday, 3:30-5:30pm Wednesday/Thursday in the NC Vaughan Gym

Online registration and a current physical must be on file prior to the first day. Additional information can be found at www.lths.net/girlsvb. Questions? Email Head Coach Jill Bober (jbober@lths.net).