

FOOTBALL BEGINS ON WEDNESDAY, AUGUST 5, 2026

ALL OTHER FALL SPORTS BEGIN ON MONDAY, AUGUST 10, 2026

LYONS TOWNSHIP HIGH SCHOOL ATHLETIC PROGRAMS FALL SEASON 2026

All students wishing to participate in athletics **MUST** have a [current physical](#) on file and complete the athletic online [Registration](#) by August 3rd. Please register your student as soon as possible. Registering after August 3rd 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 ensures the safety of the athlete, and also updates the athletic eligibility files.

Boys Cross Country

Is a “No-Cut” sport. All practices are mandatory starting Monday, August 10th for freshmen, sophomores, juniors and seniors. 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 8/10 – Monday/Tuesday-7-9am, Wednesday, Thursday, Friday-3:30-5:30pm, Saturday, 7-9am

Week of 8/17 – Monday thru Friday practice 3:30-5:30pm, Saturday, 7-9am

Questions - Mike Danner – mdanner@lths.net

Girls Cross Country

Is a “No-Cut” sport. Practice begins Monday, August 10th at 3:30pm 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.

Week of 8/10 – Monday thru Friday practice 3:30pm-5:30pm, Saturday practice 7-9am-meeting the SC field house.

Week of 8/17 – Monday thru Friday practice 3:30-5:30pm. Saturday practice 7-9am – meet in the SC field house.

Any questions please email Coach Pontrelli jpontrelli@d204.lths.net

Girls Flag Football

Is a “Cut” sport. Flag Football will have spots for 50-60 athletes to participate within 3 levels- Varsity, JV and Freshmen.

Official Start Date: Monday, August 10, 2026 at South Campus on Burson Field.

Tryouts will last from Monday Aug 10th- 12th.

Freshman will have tryouts from 9:00-11:00am on August 10th and 11th, and practice on August 12th from 3:15-5:00pm.

Sophomores will have tryouts from 9:00-11:00am on August 10th and 11th, and on August 12th from 3:15-5:00pm.

Varsity will have tryouts from 7:30-9:30am on August 10th and 11th, and August 12, 13, 14, from 3:15-5:15pm.

What to wear: T-shirt or tank top, athletic shorts and athletic shoes/ cleats

What to bring: Water, athletic shoes (for indoor option) and cleats

We will have a “Summer Camp” the week of July 21st. This is not mandatory, though it is just a good option to learn the skills and schemes we will utilize throughout the season. Visit the LT website to register.

If you have any questions, please contact Coach Meghan Hutchens at mhutchens@d204.lths.net.

Football

Is a “Limited sport”. Practice for freshmen, sophomores, juniors and seniors begins on Wednesday, August 5th.

Where: South Campus

When: We officially start football on Wednesday, August 5th.

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

What to bring: water, athletic shoes, football cleats, a combination lock and any football equipment that you received for summer football (helmet, shoulder pads and practice jersey).

Freshman will practice from 7:00-9:00am on August 5-7th. On Saturday, August 8, we will practice from 7:30-9:30am. On August 10 and 11, we will practice from 7-9:30am. On August 12, and the rest of the season, we will practice at 3:30pm during the week.

Sophomores will practice from 7:00-9:30am on August 5-7th. On Saturday, August 8, we will practice from 7:30-10:00am. On August 10 and 11, we will practice from 7-9:30am. On August 12, and the rest of the season, we will practice at 3:30pm during the week.

Varsity will practice from 7:00-10:00am on August 5-7th. On Saturday, August 8, we will practice from 7:30-10:30am. On August 10 and 11, we will practice from 7-10:00am. On August 12, and the rest of the season, we will practice at 3:30pm during the week.

For morning information about physicals, registration and the fall season, please visit the LT Football webpage.

Boys Golf

Is a “Cut” sport. Players should report on Monday, August 10th, see times/location below. You must have a current physical on file and athletic online registration completed in order to try out. Also bring your summer tournament results.

Cuts may be made after each round. Tee times subject to change.

Players are responsible for their own transportation and green fees.

Questions - Varsity, Brian Kopecky - bkopecky@lths.net

Frosh/Soph, Alex Wojcik - awojcik@lths.net

Frosh/Soph - 8/10 - Day 1 - Meeting at 11am followed by 9 holes of golf at Flagg Creek
8/11 - Day 2 - Prairie Bluff golf course, 11:00am tee time, 18 holes
8/12 - Day 3 - Flagg Creek, 10am & 12:20pm tee time, 18 holes

Varsity - 8/10 - Day 1 - Meeting at 9am followed by 18 holes of golf at Prairie Bluff golf course
8/11 - Day 2 - Prairie Bluff golf course, 10am tee time, 18 holes
8/12 - Day 3 - Prairie Bluff golf course, 10am tee time, 18 holes

Girls Golf

Is a "Cut" sport and all tryouts are held at Flagg Creek Golf Course in Countryside. Athletes are responsible for their own greens fees during tryouts. We estimate that cost to be \$40 -18 holes & \$20 for 9 holes. Make sure on-line registration and physicals are on file with LT before August 10th. Questions – Jeff Johnson – jjohnson@lths.net

TRYOUTS:

Tentative Times:

Monday 8/10 - Day 1 Meeting at Flagg 9:45am followed by 9 holes of golf, 10:40am tee time.

Tuesday 8/11 - Day 2 6am at Flagg 18 holes

Wednesday 8/12 - Day 3 10am at Flagg 9 holes followed by a short meeting.

Boys Soccer

Is a "Limited sport". Players should complete all paperwork online. Monday, August 10th 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 Swimming & Diving

Is a "Limited sport". All swimmers should report to the South Campus pool, Monday, August 10th from 7am-10am. 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 – Brendan Weibel – bweibel@lths.net.

Girls Tennis

Is a "Cut sport". Tryouts will be held the week of August 10. All tryouts will take place at the South Campus tennis courts. Questions, please contact Clint Buetikofer - cbuetikofer@lths.net.

August 10 & 11th -Monday and Tuesday from 8:00 to 10am for 9/10th graders and 10:30-12:30 for 11/12th graders.

On Wednesday, August 12th we will have tryouts from 3:00 to 4:30 for 9/10th graders and then 4:30 to 6:00 for 11/12th graders.

Girls Volleyball

Is a “Cut” sport. All volleyball athletes will meet for tryouts on Monday, Aug. 10th. All athletes are expected to be at tryouts to be considered for the team. Tryouts consist of skill evaluation and physical conditioning.

Varsity (Juniors & Seniors) @ NC Field house: 8-10:30am Monday/Tuesday, 3:30-5:30pm
Wednesday, 3:00-5:00pm Thursday, 6:00-8:00am Friday

Sophomore @ NC Field house: 8-10:30am Monday, 2:30-5pm Tuesday, 3:30-5:30pm
Wednesday, 3:00pm-5:00pm Thursday and Friday

Freshman @ NC Vaughan Gym: 8-10am Monday/Tuesday, 3:30-5:30pm
Wednesday/Thursday, Off on Friday

Tryouts will continue daily until teams are selected. Online registration and a current physical must be on file prior to the first day. Additional information can be found at [LT Girls Volleyball Page](#). Questions? Email Head Coach Jill Bober (jbober@lths.net).