Varsity Boys' BASKETBALL

Date	Opponent	Time
N. 21-26	at WJOL Thanksgiving Classic	
N. 29	**Sandburg**	**5:30 p.m.**
D. 6	**Argo***	**7 p.m.**
D. 9	**Shepard***	**7 p.m.**
D. 13	at Stagg	6 p.m.
D. 16	at Oak Lawn*	7 p.m.
D. 17	at Crete-Monee	7:30 p.m.
D. 27-30	at DeKalb Classic	
J. 6	**Evergreen Park***	**7 p.m.**
J. 10	**Eisenhower***	**7 p.m.**
J. 13	at Richards*	7 p.m.
J. 16	vs. Mt. Carmel (MLK Shootout)	1:30 p.m.
J. 20	at Reavis*	7 p.m.
J. 27	at Hillcrest*	6:30 p.m.
J. 28	vs. Highland Park (LW West Shootout)	3 p.m.
F. 3	at Oak Forest*	7 p.m.
F. 10	**Bremen***	**7 p.m.**
F. 14	at Tinley Park*	6:30 p.m.
F. 21	at T.F. North*	7 p.m.
F. 24	**T.F. South***	**7 p.m.**
F. 27-M. 3	IHSA State Playoffs – Regional	
M. 7-10	IHSA State Playoffs – Sectional	
M. 14	IHSA State Playoffs – Super-Sectional	
M. 17-18	IHSA State Playoffs – State Finals	

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Head Coach: Rick Runaas

Assistant Coaches: Corey Bijou, Matt Synowiecki, Stepas Zilys

Varsity Girls' BASKETBALL

Date	Opponent	Time
N. 17-21	at Romeoville Tournament	
N. 29	**Sandburg**	**7 p.m.**
D. 2	**Reavis***	**7 p.m.**
D. 6	at Argo*	7 p.m.
D. 8	at Shepard*	7 p.m.
D. 12	**Lincoln-Way West**	**7 p.m.**
D. 16	**Oak Lawn***	**7 p.m.**
D. 27-30	at Oswego East Invitational	
J. 5	at Evergreen Park*	7:30 p.m.
J. 10	at Eisenhower*	6:30 p.m.
J. 13	**Richards***	**7 p.m.**
J. 17	**Willowbrook**	**7 p.m.**
J. 20	**T.F. North***	**7 p.m.**
J. 21	at Plainfield East	2:30 p.m.
J. 26	at T.F. South*	7 p.m.
J. 28	at Glenbard South	12 p.m.
J. 31	**Oak Forest***	**7 p.m.**
F. 2	at Bremen*	6:30 p.m.
F. 7	**Hillcrest***	**7 p.m.**
F. 9	**Tinley Park***	**7 p.m.**
F. 13-17	IHSA State Playoffs – Regional	
F. 20-23	IHSA State Playoffs – Sectional	
F. 27	IHSA State Playoffs – Super-Sectional	
M. 3-4	IHSA State Playoffs – State Finals	

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Head Coach: Tracy Rainey

Assistant Coaches: Shannon Druley, Dennis Kennedy, Tim Leffler

Varsity Boys' BOWLING

Date	Opponent	Time
N. 7	**Hinsdale Central**	**4:30 p.m.**
N. 8	at Oak Lawn*	4:30 p.m.
N. 10	**Bremen***	**4:30 p.m.**
N. 15	at Tinley Park*	4:30 p.m.
N. 17	**Hillcrest***	**4:30 p.m.**
N. 19	at Plainfield North Invitational	9 a.m.
N. 22	at Oak Forest*	4:30 p.m.
N. 25	at Plainfield South Invitational	9 a.m.
N. 28	**Evergreen Park***	**4:30 p.m.**
N. 29	**T.F. South***	**4:30 p.m.**
D. 6	**Eisenhower***	**4:30 p.m.**
D. 8	at Reavis*	4:30 p.m.
D. 10	at Lincoln-Way East Invitational	8 a.m.
D. 12	at Plainfield South	4:30 p.m.
D. 13	at Shepard*	4:30 p.m.
D. 15	at T.F. North*	4:30 p.m.
D. 19	**Argo***	**4:30 p.m.**
J. 5	at Richards*	4:30 p.m.
J. 6	at South Suburban Conference Meet (hosted by Oak Forest)	9 a.m.
J. 9	**Lyons Township**	**4:30 p.m.**
J. 14	IHSA Regional	
J. 21	IHSA Sectional	
J. 27-28	IHSA State Finals	

* - South Suburban Conference (SSC) meet

Home meets held at Strike n' Spare II (Lockport)

Head Coach: Chuck Surina, Jr.

Varsity Girls' BOWLING

Date	Opponent	Time
N. 26	at Plainfield Central Invitational	9 a.m.
N. 29	**Oak Lawn***	**4:30 p.m.**
D. 1	**Bremen***	**4:30 p.m.**
D. 6	at Tinley Park*	4:30 p.m.
D. 8	**Hillcrest***	**4:30 p.m.**
D. 10	at Plainfield North Invitational	9 a.m.
D. 13	at Oak Forest*	4:30 p.m.
D. 15	**T.F. South***	**4:30 p.m.**
D. 17	at Lockport Invitational	9 a.m.
D. 26	at Reavis Tournament	9 a.m.
J. 3	**Evergreen Park***	**4:30 p.m.**
J. 5	at Eisenhower*	4:30 p.m.
J. 7	at Prospect Invitational	8:30 a.m.
J. 12	at Shepard*	4:30 p.m.
J. 14	at Fenton Invitational	9 a.m.
J. 17	**T.F. North***	**4:30 p.m.**
J. 19	at Argo*	4:30 p.m.
J. 23	**Reavis*/Richards***	**4:30 p.m.**
J. 28	at South Suburban Conference Meet (hosted by Bremen)	
J. 31	at Eisenhower Invitational	3 p.m.
F. 4	IHSA Regional	
F. 11	IHSA Sectional	
F. 17-18	IHSA State Finals	

Home meets held at Strike n' Spare II (Lockport)

Head Coach: Mark Hollatz

Assistant Coach: Dave LaBarbera

Varsity CHEERLEADING

Date	Opponent
N. 20	at Wilmington Invitational
D. 4	at Sandburg Invitational
D. 11	at Stevenson Invitational
D. 18	at Joliet West Invitational
J. 8	at Buffalo Grove Invitational
J. 21	**South Suburban Conference Meet (hosted by Lemont)**
J. 28	IHSA Sectional
F. 3-4	IHSA State Finals

Head Coach: Dave Erlenbaugh

Assistant Coaches: Brittany Cantarino, Brianna Grady

Varsity DANCE

Date	Opponent
N. 20	at Oak Forest Invitational
D. 3	at Eisenhower Invitational
D. 10	at Waubonsie Valley Invitational
D. 11	at Stevenson Invitational
J. 8	at Huntley Invitational
J. 14	at South Suburban Conference Meet (hosted by Eisenhower)
J. 21	IHSA Sectional
J. 27-28	IHSA State Finals

Head Coach: Jordan Fandrey

QUICK FACTS

Superintendent	Dr. Mary Ticknor
Principal	Eric Michaelsen
Director of Activities & Athletics	John Young
Assistant Athletic Director	John St. Clair
Nickname	Indians
School Colors	Navy Blue & Gold
Conference	South Suburban-Blue Division
Enrollment	1,377
School Phone	(630) 257-5838
Athletic Department Phone	(630) 243-3207

VARSITY HEAD COACHES - WINTER SEASON

Cheerleading	Dave Erlenbaugh
Boys' Basketball	Rick Runaas
Girls' Basketball	Tracy Rainey
Boys' Bowling	Chuck Surina, Jr.
Girls' Bowling	Mark Hollatz
Poms/Dance	Jordan Fandrey
Boys' Swimming	Kevin Skrabacz
Wrestling	John St. Clair

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IHSA
Illinois High School Association

Do What's Right! Expectations

Coaches, players and fans who follow these expectations will represent their schools well and create a positive game experience.

1. Accept and understand the seriousness of their responsibility, and the privilege of representing their school and community.
2. Learn the rules of the game thoroughly and discuss them with parents, fans and fellow students.
3. Treat opponents the way they would like to be treated, as a guest or friend.
4. Never direct remarks at opponents in a taunting manner.
5. Wish opponents good luck before the game and congratulate them in a sincere manner following either a victory or defeat.
6. Respect the integrity and judgement of the game officials.
7. Display great effort and hustle on the field or floor.
8. Play unselfishly in such a way as to build up their team, without drawing unnecessary attention to themselves.
9. Yield to the authority and direction of all floor officials, bench officials, school personnel and coaches.

Varsity Boys' SWIMMING

Date	Opponent	Time
D. 6	**Eisenhower***	**5 p.m.**
D. 13	at Richards* (w/ Oak Forest*)	5 p.m.
D. 15	**Evergreen Park***	**5 p.m.**
J. 3	at Reavis*	10 a.m.
J. 5	**Oak Lawn*/Shepard***	**5 p.m.**
J. 10	at Argo*	4:30 p.m.
J. 13-14	at Sandburg Invitational	5 p.m./9 a.m.
J. 17	**T.F. Coop***	**5 p.m.**
J. 19	at Bremen* (w/ Tinley Park*)	4:30 p.m.
J. 20	at Evergreen Park Invitational	4:30 p.m.
F. 3-4	at South Suburban Conference Meet (hosted by Tinley Park)	
F. 18	IHSA Sectional	
F. 24-25	IHSA State Finals	

* - South Suburban Conference (SSC) meet

Home meets held at Lemont Park District

Head Coach: Kevin Skrabacz

Assistant Coach: Dennis Wind

Varsity WRESTLING

Date	Opponent	Time
D. 1	at Eisenhower* (w/ Reavis*/Tinley Park*)	5 p.m.
D. 3	at Kaneland	10 a.m.
D. 8	**Argo*/Hillcrest***	**5 p.m.**
D. 10	at Romeoville	9 a.m.
D. 15	at T.F. North* (w/ Oak Forest*/ Richards*)	4:30 p.m.
D. 16-17	at Hinsdale Central Invitational	4:30/9:30
D. 27-28	at Palatine Invitational	9:30 a.m.
J. 5	at Oak Lawn* (w/ Bremen*/ Shepard*)	5 p.m.
J. 7	at Waubonsie Valley Mega Dual	9 a.m.
J. 13	at T.F. South* (w/ Evergreen Park*)	5 p.m.
J. 14	at Batavia Invitational	9 a.m.
J. 21	at South Suburban Conference Meet (hosted by Shepard)	
J. 28	**Homewood-Flossmoor**	**10 a.m.**
F. 4	IHSA Regional – Individual Regionals	
F. 10-11	IHSA Sectional – Individual Sectionals	
F. 16-18	IHSA State Finals – Individual State Finals	
F. 21	IHSA Sectional – Dual Team Sectionals	
F. 25	IHSA State Finals – Dual Team State Finals	

* - South Suburban Conference (SSC) meet

Home meets held at Lemont High School

Head Coach: John St. Clair

Assistant Coaches: Willie Hayes, Ryan Hennebry, Erik Murry

*** Athletic schedules accurate as of Nov. 17, 2016**

Sophomore Boys' BOWLING

Date	Opponent	Time
N. 7	**Hinsdale Central**	**4:30 p.m.**
N. 8	at Oak Lawn*	4:30 p.m.
N. 10	**Bremen***	**4:30 p.m.**
N. 15	at Tinley Park*	4:30 p.m.
N. 17	**Hillcrest***	**4:30 p.m.**
N. 22	at Oak Forest*	4:30 p.m.
N. 28	**Evergreen Park***	**4:30 p.m.**
N. 29	**T.F. South***	**4:30 p.m.**
D. 6	**Eisenhower***	**4:30 p.m.**
D. 8	at Reavis*	4:30 p.m.
D. 12	at Plainfield South	4:30 p.m.
D. 13	at Shepard*	4:30 p.m.
D. 15	at T.F. North*	4:30 p.m.
D. 19	**Argo***	**4:30 p.m.**
D. 27	at Bolingbrook Invitational	9 a.m.
J. 5	at Richards*	4:30 p.m.
J. 6	at South Suburban Conference Meet (hosted by Oak Forest)	9 a.m.
J. 9	**Lyons Township**	**4:30 p.m.**

* - South Suburban Conference (SSC) meet

Home meets held at Strike n' Spare II (Lockport)

Sophomore Coach: Chuck Surina, Jr.

Sophomore Girls' BOWLING

Date	Opponent	Time
N. 29	**Oak Lawn***	**4:30 p.m.**
D. 1	**Bremen***	**4:30 p.m.**
D. 3	at Joliet Central Invitational	9 a.m.
D. 6	at Tinley Park*	4:30 p.m.
D. 8	**Hillcrest***	**4:30 p.m.**
D. 13	at Oak Forest*	4:30 p.m.
D. 15	**T.F. South***	**4:30 p.m.**
D. 17	at Lockport Invitational	9 a.m.
D. 27	at Bolingbrook Invitational	9 a.m.
J. 3	**Evergreen Park***	**4:30 p.m.**
J. 5	at Eisenhower*	4:30 p.m.
J. 7	at Palatine Invitational	9 a.m.
J. 12	at Shepard*	4:30 p.m.
J. 16	at Plainfield North Invitational	9 a.m.
J. 17	**T.F. North***	**4:30 p.m.**
J. 19	at Argo*	4:30 p.m.
J. 23	**Reavis*/Richards***	**4:30 p.m.**
J. 25	at Richards Invitational	3 p.m.
J. 28	at South Suburban Conference Meet (hosted by Bremen)	

* - South Suburban Conference (SSC) meet

Home meets held at Strike n' Spare II (Lockport)

Sophomore Coach: Dave LaBarbera

Junior Varsity CHEERLEADING

Date	Opponent
N. 20	at Wilmington Invitational
D. 4	at Sandburg Invitational
D. 11	at Stevenson Invitational
D. 18	at Joliet West Invitational
J. 8	at Buffalo Grove Invitational
J. 21	**South Suburban Conference Meet (hosted by Lemont)**

Junior Varsity Coach: Brianna Grady

Junior Varsity DANCE

Date	Opponent
N. 20	at Oak Forest Invitational
D. 3	at Eisenhower Invitational
D. 10	at Waubonsie Valley Invitational
D. 11	at Stevenson Invitational
J. 8	at Huntley Invitational
J. 14	at South Suburban Conference Meet (hosted by Eisenhower)

Junior Varsity Coach: Chelsea Freeman

Sophomore Boys' SWIMMING

Date	Opponent	Time
D. 6	**Eisenhower***	**5 p.m.**
D. 13	at Richards* (w/ Oak Forest*)	5 p.m.
D. 15	**Evergreen Park***	**5 p.m.**
J. 3	at Reavis*	10 a.m.
J. 5	**Oak Lawn*/Shepard***	**5 p.m.**
J. 10	at Argo*	4:30 p.m.
J. 17	**T.F. Coop***	**5 p.m.**
J. 19	at Bremen* (w/ Tinley Park*)	4:30 p.m.
F. 3-4	at South Suburban Conference Meet (hosted by Tinley Park)	

* - South Suburban Conference (SSC) meet

Home meets held at Lemont Park District

Junior Varsity Coach: Dennis Wind

JV/Freshman WRESTLING

Date	Opponent	Time
N. 30	at Glenbard South Triangular (F)	5:30 p.m.
D. 2	at Tinley Park* (w/ Eisenhower*/Reavis*) (F/JV)	5 p.m.
D. 3	at Kaneland (JV)	10 a.m.
D. 9	at Argo* (w/ Hillcrest*) (F/JV)	5 p.m.
D. 10	at Romeoville (F/JV)	9 a.m.
D. 15	**Oak Forest*/Richards*/T.F. North* (F/JV)**	**5 p.m.**
D. 29	at Homewood-Flossmoor Invitational (F)	9 a.m.
D. 30	at St. Laurence Invitational (JV)	8:30 a.m.
J. 5	**Bremen*/Oak Lawn*/Shepard* (F/JV)**	**5 p.m.**
J. 7	at Bolingbrook Invitational (JV)	9 a.m.
J. 14	at Bolingbrook Invitational (JV)	9 a.m.
J. 21	at Rich East Invitational (F)	9 a.m.
J. 28	at Oregon Invitational (F)	9 a.m.
J. 28	at South Suburban Conference Meet (JV) (hosted by T.F. North)	

* - South Suburban Conference (SSC) meet

Home meets held at Lemont High School

Junior Varsity/Freshman Coaches: Willie Hayes, Ryan Hennebry

JV/Sophomore Boys' BASKETBALL

Date	Opponent	Time
N. 21-23	**Lemont Thanksgiving Tournament (S)**	
N. 29	**Sandburg (S)**	**7 p.m.**
D. 6	**Argo* (S)**	**5:30 p.m.**
D. 9	**Shepard* (S)**	**5:30 p.m.**
D. 10	at Argo (JV)	10 a.m.
D. 13	at Stagg (S)	4:30 p.m.
D. 16	at Oak Lawn* (S)	5:30 p.m.
D. 19	**Crete-Monee (S)**	**5 p.m.**
D. 20	at Oak Lawn (JV)	6:30 p.m.
D. 27-28	at Downers Grove South Invitational (S)	8 a.m.
J. 6	**Evergreen Park* (S)**	**5:30 p.m.**
J. 7	Brother Rice (JV)	10:30 a.m.
J. 10	**Eisenhower* (S)**	**5:30 p.m.**
J. 13	at Richards* (S)	5:30 p.m.
J. 14	**Richards (JV)**	**10:30 a.m.**
J. 20	at Reavis* (S)	5:30 p.m.
J. 21	at Reavis (JV)	10:15 a.m.
J. 27	at Hillcrest* (S)	5 p.m.
F. 3	at Oak Forest* (S)	5:30 p.m.
F. 10	**Bremen* (S)**	**5:30 p.m.**
F. 14	at Tinley Park* (S)	5 p.m.
F. 21	at T.F. North* (S)	5:30 p.m.
F. 24	**T.F. South* (S)**	**5:30 p.m.**

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Sophomore Coach: Matt Synowiecki

Freshman Boys' BASKETBALL

Date	Opponent	Time
N. 21-23	**Lemont Thanksgiving Tournament**	
N. 29	at Sandburg	5 p.m.
D. 6	**Argo***	**5:30 p.m.**
D. 9	**Shepard***	**5:30 p.m.**
D. 12	**Stagg**	**5:30 p.m.**
D. 19	**Crete-Monee**	**5 p.m.**
D. 20	at Oak Lawn	5 p.m.
D. 26-27	at Plainfield East Invitational	
J. 6	**Evergreen Park***	**5:30 p.m.**
J. 7	**Brother Rice**	**9 a.m.**
J. 10	**Eisenhower***	**5:30 p.m.**
J. 13	at Richards*	5:30 p.m.
J. 21	at Reavis*	9 a.m.
J. 27	at Hillcrest*	5 p.m.
F. 3	at Oak Forest*	5:30 p.m.
F. 10	**Bremen***	**5:30 p.m.**
F. 14	at Tinley Park*	5 p.m.
F. 21	at T.F. North*	5:30 p.m.
F. 24	**T.F. South***	**5:30 p.m.**

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Freshman Coach: Corey Bijou

Sophomore Girls' BASKETBALL

Date	Opponent	Time
N. 17-21	at Romeoville Tournament	
N. 29	**Sandburg**	**5:30 p.m.**
D. 2	**Reavis***	**5:30 p.m.**
D. 6	at Argo*	5:30 p.m.
D. 8	at Shepard*	5:30 p.m.
D. 12	**Lincoln-Way West**	**5:30 p.m.**
D. 16	**Oak Lawn***	**5:30 p.m.**
D. 28-29	at Plainfield Central Invitational	
J. 5	at Evergreen Park*	6 p.m.
J. 10	at Eisenhower*	5 p.m.
J. 13	**Richards***	**5:30 p.m.**
J. 17	**Willowbrook**	**5:30 p.m.**
J. 20	**T.F. North***	**5:30 p.m.**
J. 21	at Plainfield East	1 p.m.
J. 26	at T.F. South*	5:30 p.m.
J. 28	at Glenbard South	10:30 a.m.
J. 31	**Oak Forest***	**5:30 p.m.**
F. 2	at Bremen*	5 p.m.
F. 7	**Hillcrest***	**5:30 p.m.**
F. 9	**Tinley Park***	**5:30 p.m.**

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Sophomore Coach: Shannon Druley

Freshman Girls' BASKETBALL

Date	Opponent	Time
N. 21-23	at Oak Lawn Invitational	
N. 29	at Sandburg	5 p.m.
D. 2	**Reavis***	**5:30 p.m.**
D. 6	at Argo*	5:30 p.m.
D. 8	at Shepard*	5:30 p.m.
D. 12	**Lincoln-Way West**	**7 p.m.**
D. 16	**Oak Lawn***	**5:30 p.m.**
D. 26-27	at Plainfield East Invitational	
J. 5	at Evergreen Park*	4:30 p.m.
J. 10	at Eisenhower*	5 p.m.
J. 13	**Richards***	**5:30 p.m.**
J. 17	**Willowbrook**	**5:30 p.m.**
J. 20	**T.F. North***	**5:30 p.m.**
J. 21	at Plainfield East	1 p.m.
J. 26	at T.F. South*	5:30 p.m.
J. 28	at Glenbard South	10:30 a.m.
J. 31	**Oak Forest***	**5:30 p.m.**
F. 2	at Bremen*	4:30 p.m.
F. 7	**Hillcrest***	**5:30 p.m.**
F. 9	**Tinley Park***	**5:30 p.m.**

* - South Suburban Conference (SSC) game

Home games held at Lemont High School

Freshman Coach: Dennis Kennedy

LHS INDIANS

2016-17 Lemont High School

Giovanni's Pizzeria

WINTER ATHLETIC SCHEDULES