

Varsity Boys' & Girls' CROSS COUNTRY

| Date | Opponent | Time |
|-------|--|-----------|
| A. 28 | Eisenhower*/Richards* | 5 p.m. |
| S. 1 | at Plainfield Central Invitational | 9 a.m. |
| S. 8 | at Peoria Woodruff Invitational | 9 a.m. |
| S. 11 | Reavis*/T.F. South*/Tinley Park* | 5 p.m. |
| S. 14 | at Riverside-Brookfield Invitational | 4:30 p.m. |
| S. 18 | at Oak Forest* (w/ Oak Lawn*/Shepard*) | 4:30 p.m. |
| S. 22 | at Tinley Park Invitational | 8 a.m. |
| S. 25 | at Argo* (w/ Evergreen Park*/Hillcrest*) | 4:30 p.m. |
| O. 2 | Bremen*/T.F. North* | 5 p.m. |
| O. 6 | at Rich Central Invitational | 8 a.m. |
| O. 13 | at South Suburban Conference Meet (hosted by T.F. South) | |
| O. 20 | IHSA Regional | |
| O. 27 | IHSA Sectional | |
| N. 3 | IHSA State Finals | |

* - South Suburban Conference (SSC) meet

Home meets held at Bambrick Park

Head Coach: Tim Plotke

Assistant Coaches: Alex Daukas, Jon DeGuzman, Stefanie Miller

Varsity FOOTBALL

| Date | Opponent | Time |
|----------|------------------------------------|--------|
| A. 24 | Batavia | 7 p.m. |
| A. 31 | at Rich Central | 7 p.m. |
| S. 7 | T.F. North* | 7 p.m. |
| S. 14 | at Tinley Park* | 7 p.m. |
| S. 21 | at Hillcrest* | 7 p.m. |
| S. 28 | Bremen* | 7 p.m. |
| O. 5 | at Richards | 7 p.m. |
| O. 12 | T.F. South* | 7 p.m. |
| O. 19 | at Oak Forest* | 7 p.m. |
| O. 26-27 | IHSA State Playoffs – First Round | |
| N. 2-3 | IHSA State Playoffs – Second Round | |
| N. 9-10 | IHSA State Playoffs – Quarterfinal | |
| N. 16-17 | IHSA State Playoffs – Semifinal | |
| N. 24 | IHSA State Playoffs – State Finals | |

Home games held at Lemont High School

Head Coach: Bret Kooi

Assistant Coaches: Mark Cannon, John Coneset, Ryan Dylla,

Brent Gagnon, Chris Hardy, Willie Hayes, Frank Kovach, Cale

Kuester, Dave LaBarbera, Michael Manns, John St. Clair, Jeff Winefka

Varsity Boys' GOLF

| Date | Opponent | Time |
|----------|---|------------|
| A. 10 | at Prep Tour Showcase | |
| A. 14 | Oak Lawn* (w/ Shepard) | 4 p.m. |
| A. 16 | at Evergreen Park* | 4:30 p.m. |
| A. 18 | Bremen*/Reavis* | 10 a.m. |
| A. 20 | at Eisenhower* | 4:30 p.m. |
| A. 21 | Richards* | 4 p.m. |
| A. 24 | Lemont Invitational | 2:30 p.m. |
| A. 27 | at Argo* | 4 p.m. |
| A. 30 | at Shepard* | 4:30 p.m. |
| S. 1 | at Homewood-Flossmoor Invitational | 7:30 a.m. |
| S. 4 | Oak Forest* | 4 p.m. |
| S. 8 | at Providence Catholic Invitational | 7:30 a.m. |
| S. 13 | at Tinley Park* | 4:30 p.m. |
| S. 18 | at Hillcrest* | 4:30 p.m. |
| S. 19 | at T.F. South* | 4:30 p.m. |
| S. 20 | T.F. North* | 4 p.m. |
| S. 21 | at Joliet Central Invitational | 11:30 a.m. |
| S. 24 | South Suburban Conference Meet (hosted by Lemont) | |
| S. 29 | Lemont Shootout | 8 a.m. |
| O. 2 | IHSA Regional | |
| O. 8 | IHSA Sectional | |
| O. 12-13 | IHSA State Finals | |

* - South Suburban Conference (SSC) match

Home meets held at Broken Arrow or Cog Hill

Head Coach: Mark Hollatz

Assistant Coach: Chuck Surina, Jr.

Varsity Girls' GOLF

| Date | Opponent | Time |
|----------|---|-----------|
| A. 14 | at Oak Forest | 4 p.m. |
| A. 20 | at Glenbard South (w/ Shepard) | 4:30 p.m. |
| A. 23 | Riverside-Brookfield | 4 p.m. |
| A. 27 | at Benet | 3:45 p.m. |
| A. 29 | Shepard | 4 p.m. |
| S. 1 | at Homewood-Flossmoor Invitational | 7:30 a.m. |
| S. 4 | at Downers Grove North (w/ Joliet Catholic) | 3:30 p.m. |
| S. 6 | at Lincoln-Way Central Invitational | 3:30 p.m. |
| S. 7 | Plainfield Central | 4 p.m. |
| S. 8 | at Vernon Hills Invitational | 10 a.m. |
| S. 10 | at Lisle | 4:30 p.m. |
| S. 13 | at Tinley Park | 4:30 p.m. |
| S. 15 | at Providence Catholic Invitational | 11 a.m. |
| S. 17 | at Providence Catholic | 4 p.m. |
| S. 24 | Plainfield North | 4 p.m. |
| S. 25 | at Intra-Conference Meet (hosted by Oak Forest) | |
| S. 29 | at Rosary Invitational | 8 a.m. |
| O. 3 | IHSA Regional | |
| O. 6-9 | IHSA Sectional | |
| O. 12-13 | IHSA State Finals | |

Home meets held at Cog Hill

Head Coach: Bill Mondrella

Varsity Boys' SOCCER

| Date | Opponent | Time |
|------------|---------------------------------------|-----------|
| A. 21-S. 3 | at Windy City Classic | |
| S. 4 | at Reavis* | 4:30 p.m. |
| S. 6 | Eisenhower* | 5 p.m. |
| S. 11 | at Oak Forest* | 6 p.m. |
| S. 13 | Bremen* | 6 p.m. |
| S. 15 | Tinley Park* | 10 a.m. |
| S. 18 | at T.F. Co-Op* | 4:30 p.m. |
| S. 20 | at Richards* | 5 p.m. |
| S. 22 | at Hinsdale South | 11 a.m. |
| S. 25 | at Oak Lawn* | 4:30 p.m. |
| S. 27 | Shepard* | 5 p.m. |
| O. 1 | at Waubonsie Valley Invitational | |
| O. 2 | vs. Argo* (at Moraine Valley C.C.) | 6 p.m. |
| O. 3 | at Waubonsie Valley Invitational | |
| O. 6 | at Waubonsie Valley Invitational | |
| O. 9 | Evergreen Park* | 5 p.m. |
| O. 16-20 | IHSA State Playoffs – Regional | |
| O. 23-27 | IHSA State Playoffs – Sectional | |
| O. 30 | IHSA State Playoffs – Super-Sectional | |
| N. 2-3 | IHSA State Playoffs – State Finals | |

* - South Suburban Conference (SSC) match

* - South Suburban Conference (SSC) match

Home matches held at LHS Sports Complex (131st/Bell)

Head Coach: Rick Prangen

Assistant Coaches: Bill Baldauf, Mike Beranek, Mark Tomczak

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 | 1,397 |
| School Phone..... | (630) 257-5838 |
| Athletic Department Phone..... | (630) 243-3207 |

VARSITY HEAD COACHES - FALL SEASON

| | |
|-------------------------------------|-----------------|
| Cheerleading..... | Dave Erlenbaugh |
| Boys' and Girls' Cross Country..... | Tim Plotke |
| Football | Bret Kooi |
| Boys' Golf..... | Mark Hollatz |
| Girls' Golf..... | Bill Mondrella |
| Poms/Dance..... | Beth Purcell |
| Boys' Soccer..... | Rick Prangen |
| Girls' Swimming..... | Erin Horan |
| Girls' Tennis..... | Chris Hill |
| Girls' Volleyball | Chris Zogata |

WWW.LHS210.NET

Varsity Girls' SWIMMING

| Date | Opponent | Time |
|----------|---|-----------|
| A. 28 | Oak Lawn*/T.F. South* | 4:30 p.m. |
| S. 1 | at Lockport Invitational | 10 a.m. |
| S. 4 | at Evergreen Park* (w/ Tinley Park*) | 4:30 p.m. |
| S. 6 | at Bremen* (w/ Eisenhower*) | 4:30 p.m. |
| S. 8 | at Leyden Invitational | 10 a.m. |
| S. 11 | Richards* | 4:30 p.m. |
| S. 15 | at Lincoln-Way West Invitational | 8:30 a.m. |
| S. 22 | at Peoria Notre Dame Invitational | 1 p.m. |
| S. 25 | at Hinsdale South | 5 p.m. |
| S. 27 | at Reavis* (w/ Oak Forest*) | 4:30 p.m. |
| O. 4 | Argo*/Shepard* | 4:30 p.m. |
| O. 9 | at Riverside-Brookfield | 5 p.m. |
| O. 18 | at Joliet West | 5 p.m. |
| O. 26-27 | at South Suburban Conference Meet (hosted by Tinley Park) | |
| N. 10 | IHSA Sectional | |
| N. 16-17 | IHSA State Finals | |

* - South Suburban Conference (SSC) meet

Home meets held at Lemont Park District

Head Coach: Erin Horan

Assistant Coach: Amanda Curry

* All schedules accurate as of August 22, 2018

Varsity Girls' TENNIS

| Date | Opponent | Time |
|----------|--|-----------|
| A. 21 | at Shepard* | 4:30 p.m. |
| A. 25 | at Plainfield North Invitational | 8 a.m. |
| A. 28 | Reavis* | 4:30 p.m. |
| A. 30 | Oak Lawn* | 4:30 p.m. |
| S. 5 | at Richards* | 4:30 p.m. |
| S. 6 | Eisenhower* | 4:30 p.m. |
| S. 8 | at Joliet West Invitational | 8 a.m. |
| S. 10 | at Argo* | 4:30 p.m. |
| S. 11 | T.F. North* | 4:30 p.m. |
| S. 15 | at Sandburg Invitational | 9 a.m. |
| S. 17 | at Lisle | 4 p.m. |
| S. 18 | Bremen* | 4:30 p.m. |
| S. 20 | at Tinley Park* | 4:30 p.m. |
| S. 22 | Lemont Invitational | 8 a.m. |
| S. 25 | at Oak Forest* | 4:30 p.m. |
| S. 27 | Hillcrest* | 4:30 p.m. |
| O. 2 | at T.F. South* | 4:30 p.m. |
| O. 5-6 | at South Suburban Conference Meet (hosted by Hillcrest, Tinley Park) | |
| O. 9 | IMS A | 4:30 p.m. |
| O. 13 | IHSA Sectional | |
| O. 18-20 | IHSA State Finals | |
| N. 2 | IHSA State Playoffs – Super-Sectional | |
| N. 9-10 | IHSA State Playoffs – State Finals | |

* - South Suburban Conference (SSC) match

Home matches held at Lemont High School

Head Coach: Chris Hill

Assistant Coach: Scott Collins

Varsity Girls' VOLLEYBALL

| Date | Opponent | Time |
|----------|---------------------------------------|-----------|
| A. 21 | Lockport | 5:30 p.m. |
| A. 22 | at Eisenhower* | 6 p.m. |
| A. 24-25 | at Metea Valley Invitational | 5 p/10 a |
| A. 28 | Oak Forest* | 5:30 p.m. |
| S. 4 | Lincoln-Way West | 6 p.m. |
| S. 6 | at Evergreen Park* | 5:30 p.m. |
| S. 11 | Richards* | 5:30 p.m. |
| S. 12 | at Wheaton Warrenville South Classic | 5 p.m. |
| S. 15 | at Wheaton Warrenville South Classic | 8 a.m. |
| S. 18 | at T.F. South* | 5:30 p.m. |
| S. 20 | T.F. North* | 5:30 p.m. |
| S. 21-22 | at Rich East Invitational | 5 p/9 a |
| S. 25 | at Tinley Park* | 6 p.m. |
| S. 27 | Bremen* | 5:30 p.m. |
| O. 2 | Reavis* | 5:30 p.m. |
| O. 3 | at Hillcrest* | 5:30 p.m. |
| O. 9 | at Argo* | 5:30 p.m. |
| O. 11 | at Shepard* | 6 p.m. |
| O. 12-13 | at Glenbard East Autumnfest | 5 p/8 a |
| O. 16 | Oak Lawn* | 5:30 p.m. |
| O. 22-25 | IHSA State Playoffs – Regional | |
| O. 29-31 | IHSA State Playoffs – Sectional | |
| N. 2 | IHSA State Playoffs – Super-Sectional | |
| N. 9-10 | IHSA State Playoffs – State Finals | |

Home matches held at Lemont High School

Head Coach: Chris Zogata

Assistant Coaches: Chrissy Gust, Elizabeth Laga, Kelsey Pellus

Junior Varsity Girls' GOLF

| Date | Opponent | Time |
|--------------|---|---------------|
| A. 14 | at Oak Forest | 4 p.m. |
| A. 20 | at Glenbard South (w/ Benet) | 4:30 p.m. |
| A. 23 | Riverside-Brookfield | 4 p.m. |
| A. 27 | at Benet | 3:45 p.m. |
| A. 29 | Shepard | 4 p.m. |
| S. 7 | Plainfield Central | 4 p.m. |
| S. 17 | at Providence Catholic | 4 p.m. |
| S. 24 | Plainfield North | 4 p.m. |
| S. 25 | at Intra-Conference Meet (hosted by Oak Forest) | |

Home meets held at Cog Hill
Junior Varsity Coach: Bill Mondrella

Sophomore Boys' SOCCER

| Date | Opponent | Time |
|--------------|------------------------------------|------------------|
| A. 24 | Shepard (F only) | 5 p.m. |
| A. 27 | at Shepard | 4:30 p.m. |
| S. 4 | at Reavis* | 4:30 p.m. |
| S. 6 | Eisenhower* | 5 p.m. |
| S. 11 | at Oak Forest* | 4:30 p.m. |
| S. 13 | Bremen* | 4:45 p.m. |
| S. 15 | Tinley Park* | 10 a.m. |
| S. 18 | at T.F. Co-Op* | 4:30 p.m. |
| S. 20 | at Richards* | 5 p.m. |
| S. 22 | at Hinsdale South | 9 a.m. |
| S. 25 | at Oak Lawn* | 4:30 p.m. |
| S. 27 | Shepard* | 5 p.m. |
| O. 2 | vs. Argo* (at Moraine Valley C.C.) | 4:30 p.m. |
| O. 9 | Evergreen Park* | 5 p.m. |

* - South Suburban Conference (SSC) match
Home matches held at LHS Sports Complex (131st/Bell)
Sophomore Coach: Mike Beranek

Junior Varsity Girls' SWIMMING

| Date | Opponent | Time |
|--------------|---|------------------|
| A. 28 | Oak Lawn*/T.F. South* | 4:30 p.m. |
| S. 4 | at Evergreen Park* (w/ Tinley Park*) | 4:30 p.m. |
| S. 6 | at Bremen* (w/ Eisenhower*) | 4:30 p.m. |
| S. 11 | Richards* | 4:30 p.m. |
| S. 15 | at Lincoln-Way West Invitational | 8:30 a.m. |
| S. 22 | at Peoria Notre Dame Invitational | 1 p.m. |
| S. 25 | at Hinsdale South | 5 p.m. |
| S. 27 | at Reavis* (w/ Oak Forest*) | 4:30 p.m. |
| O. 4 | Argo*/Shepard* | 4:30 p.m. |
| O. 9 | at Riverside-Brookfield | 5 p.m. |
| O. 18 | at Joliet West | 5 p.m. |
| O. 26-27 | at South Suburban Conference Meet (hosted by Tinley Park) | |

* - South Suburban Conference (SSC) meet
Home meets held at Lemont Park District
Junior Varsity Coach: Amanda Curry

Sophomore Girls' TENNIS

| Date | Opponent | Time |
|--------------|--|------------------|
| A. 21 | at Shepard* | 4:30 p.m. |
| A. 28 | Reavis* | 4:30 p.m. |
| A. 30 | Oak Lawn* | 4:30 p.m. |
| S. 5 | at Richards* | 4:30 p.m. |
| S. 6 | Eisenhower* | 4:30 p.m. |
| S. 10 | at Argo* | 4:30 p.m. |
| S. 11 | T.F. North* | 4:30 p.m. |
| S. 15 | at East Aurora Invitational | 9 a.m. |
| S. 18 | Bremen* | 4:30 p.m. |
| S. 20 | at Tinley Park* | 4:30 p.m. |
| S. 22 | at Reavis Quadrangular | 8:30 a.m. |
| S. 25 | at Oak Forest* | 4:30 p.m. |
| S. 27 | Hillcrest* | 4:30 p.m. |
| O. 2 | at T.F. South* | 4:30 p.m. |
| O. 5-6 | at South Suburban Conference Meet (hosted by Hillcrest, Tinley Park) | |
| O. 9 | IMSA | 4:30 p.m. |

* - South Suburban Conference (SSC) match
Home matches held at Lemont High School
Sophomore Coach: Scott Collins

Soph/Frosh Girls' VOLLEYBALL

| Date | Opponent | Time |
|--------------|--------------------------------------|------------------|
| A. 21 | Lockport (F/S) | 5:30 p.m. |
| A. 22 | at Eisenhower* (F/S) | 6 p.m. |
| A. 28 | Oak Forest* (F/S) | 5:30 p.m. |
| S. 4 | Lincoln-Way West (F/S) | 6 p.m. |
| S. 6 | at Evergreen Park* (F/S) | 5:30 p.m. |
| S. 8 | at Joliet West Invitational (F) | 8 a.m. |
| S. 11 | Richards* (F/S) | 5:30 p.m. |
| S. 18 | at T.F. South* (F/S) | 5:30 p.m. |
| S. 20 | T.F. North* (F/S) | 5:30 p.m. |
| S. 21-22 | at Plainfield North Invitational (S) | 5 p.m./8 a.m. |
| S. 25 | at Tinley Park* (F/S) | 6 p.m. |
| S. 27 | Bremen* (F/S) | 5:30 p.m. |
| O. 2 | Reavis* (F/S) | 5:30 p.m. |
| O. 3 | at Hillcrest* (F/S) | 5:30 p.m. |
| O. 5-6 | at Mother McAuley Invitational (S) | |
| O. 9 | at Argo* (F/S) | 5:30 p.m. |
| O. 11 | at Shepard* (F/S) | 6 p.m. |
| O. 13 | at Plainfield South Invitational (S) | 8 a.m. |
| O. 13 | Lemont Invitational (F) | 8:30 a.m. |
| O. 16 | Oak Lawn* (F/S) | 5:30 p.m. |

* - South Suburban Conference (SSC) match
Home matches held at Lemont High School
Sophomore Coach: Chrissy Gust
Freshman Coach: Elizabeth Laga

Sophomore Boys' & Girls' CROSS COUNTRY

| Date | Opponent | Time |
|--------------|--|---------------|
| A. 28 | Eisenhower*/Richards* | 5 p.m. |
| S. 1 | at Plainfield Central Invitational | 9 a.m. |
| S. 11 | Reavis*/T.F. South*/Tinley Park* | 5 p.m. |
| S. 14 | at Riverside-Brookfield Invitational | 4:30 p.m. |
| S. 18 | at Oak Forest* (w/ Oak Lawn*/Shepard*) | 4:30 p.m. |
| S. 22 | at Tinley Park Invitational | 8 a.m. |
| S. 25 | at Argo* (w/ Evergreen Park*/Hillcrest*) | 4:30 p.m. |
| S. 27 | at Andrew Invitational (B) (F/S) | 4 p.m. |
| O. 2 | Bremen*/T.F. North* | 5 p.m. |
| O. 13 | at South Suburban Conference Meet (hosted by T.F. South) | |

* - South Suburban Conference (SSC) meet
Sophomore Coaches: Alex Dauksas, Jon DeGuzman, Stefanie Miller

Sophomore/Freshman FOOTBALL

| Date | Opponent | Time |
|--------------|-------------------------|------------------|
| A. 24 | Batavia (S) | 5 p.m. |
| A. 25 | at Batavia (F) | 9 a.m. |
| A. 31 | at Rich Central (S) | 4:30 p.m. |
| S. 1 | Rich Central (F) | 9 a.m. |
| S. 6 | at T.F. North* (F) | 4:45 p.m. |
| S. 7 | T.F. North* (S) | 5 p.m. |
| S. 13 | Tinley Park* (F) | 4:30 p.m. |
| S. 14 | at Tinley Park* (S) | 4:30 p.m. |
| S. 20 | Hillcrest* (F) | 5 p.m. |
| S. 21 | at Hillcrest* (S) | 5 p.m. |
| S. 27 | at Bremen* (F) | 4:30 p.m. |
| S. 28 | Bremen* (S) | 5 p.m. |
| O. 5 | at Richards (S) | 4:30 p.m. |
| O. 6 | Richards (F) | 9 a.m. |
| O. 11 | at T.F. South* (F) | 4:30 p.m. |
| O. 12 | T.F. South* (S) | 5 p.m. |
| O. 18 | Oak Forest* (F) | 4:30 p.m. |
| O. 19 | at Oak Forest* (S) | 4:45 p.m. |

* - South Suburban Conference (SSC) game
Home games held at Lemont High School
Sophomore Coach: Jeff Winefka
Freshman Coach: Dave LaBarbera

Sophomore Boys' GOLF

| Date | Opponent | Time |
|--------------|--|---------------|
| A. 14 | Oak Lawn* (w/ Shepard) | 4 p.m. |
| A. 16 | at Evergreen Park* | 4:30 p.m. |
| A. 20 | at Eisenhower* | 4:30 p.m. |
| A. 21 | Richards* | 4 p.m. |
| A. 23 | Reavis* | 4 p.m. |
| A. 27 | at Argo* | 4 p.m. |
| A. 30 | at Shepard* | 4:30 p.m. |
| S. 4 | Oak Forest* | 4 p.m. |
| S. 6 | Bremen* | 4 p.m. |
| S. 8 | at Lyons Township Invitational | 7 a.m. |
| S. 13 | at Tinley Park* | 4:30 p.m. |
| S. 15 | at Homewood-Flossmoor Invitational | 8 a.m. |
| S. 18 | at Hillcrest* | 4:30 p.m. |
| S. 19 | at T.F. South* | 4:30 p.m. |
| S. 20 | T.F. North* | 4 p.m. |
| S. 24 | South Suburban Conference Meet (hosted by Lemont) | |
| S. 29 | at Lockport Invitational | 7 a.m. |

* - South Suburban Conference (SSC) match
Home meets held at Broken Arrow or Cog Hill
Sophomore Coach: Chuck Surina, Jr.



Do What's Right! Expectations
Coaches, players and fans who follow these expectations will represent their school 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.



2018 Lemont High School FALL ATHLETIC SCHEDULES

