

Fall Sports Tryouts/Practice Information

All fall sports at LSHS begin on July 31, 2017. In order to tryout for a sport or begin practice on July 31st, a student must have a physical on file with the LSHS activities office dated on or after 2/1/2017. If you are unsure if you have a physical on file, please call the LSHS activities office at 986-2107.

Below are the start times and locations for the first day of practice on July 31st. If you have any sport specific questions, please contact the head coach of that sport. I have listed email addresses for all of our coaches below.

July 31 start times and locations

- Boys Cross Country - 7:00 am on the LSHS track
 - Head Coach Craig Heeney - craig.heeney@lsr7.net
- Boys Soccer - 7:00am at LSHS on the main field at Hertzog Stadium
 - Head Coach Dave Wiebenga - david.wiebenga@lsr7.net
- Boys Swimming/Diving - 7:00 am at the LSR7 Aquatic Center
 - Head Coach Seth Musser - SethMusser@gmail.com
- Football - 5:00pm at LSHS on the main field at Hertzog Stadium
 - Head Coach Eric Thomas - eric.thomas@lsr7.net
- Girls Cross Country - 7:00 am on the LSHS track
 - Head Coach Chad Jansen - chad.jansen@lsr7.net
- Girls Golf - 9:00am at Shamrock Hills Golf Course
 - Head Coach Jim Mellody - james.mellody@lsr7.net
- Girls Tennis - 8:00 am on the LSHS tennis courts
 - Head Coach Megan Hobbs - megan.hobbs@lsr7.net
- Softball - 8:00 am at Legacy Park Softball fields 5-8
 - Head Coach Stacey Moore - stacey.moore@lsr7.net
- Volleyball - 8:00 am in the LSHS field house
 - Head Coach Lori Hanaway - lori.hanaway@lsr7.net