



## North Notes

I would like to take this opportunity to thank our current student athletes for representing Lincoln-Way North High School in such a positive way. Your commitment to building a rich tradition is recognized and greatly appreciated.

The Athletic Program plays a unique role in joining the school and community. Whether we are parents, teachers, staff or simply Phoenix supporters, we are proud of our students as they dedicate themselves to their chosen athletic endeavors.

We encourage participation in athletics because it provides our students with important lessons for life such as teamwork, self-discipline, courage and fortitude. By offering a wide variety of programs – 28 sports, our students can find a place where they can apply their personal skills and talents.

Please continue your effort and you will be rewarded with memories that will last a lifetime.

It is a privilege to serve as your Athletic Director.

Matthew Lyke

*Go Phoenix – It's Good to be Gold!*

### **Athletic Physical Examination and Permit to Participate**

Each student athlete and parent and/or guardian must complete a state required authorization form prior to the first day of tryouts/practice of the athlete's specific sport. When a completed and valid physical form is submitted to the athletic office, the office will issue a permit to participate.

Your physical examination is valid for one calendar year from the date of the exam according to the Illinois High School Association (IHSA). A suggestion would be to mark the date in your calendar to remember when the physical exam is needed; otherwise, the student athlete may become ineligible. ***The recommended month for a physical examination is July.***

### **Athletic Booster Club**

The purpose of the Lincoln-Way Athletic Boosters is to support any activity and further the cause of athletic programs within the Lincoln-Way Community High School District. The goals of the Lincoln-Way Athletic Booster Club are to promote school spirit, raise funds to provide various equipment needs, and promote community involvement within athletics.

The Lincoln-Way Athletic Directors and coaching staff acknowledge the importance and value of the Booster Club's support and encourage all parents to be a part of this organization. For additional information, please call the athletic department for Lincoln-Way North High School at (815) 534-3023.

### **Interscholastic Sports (Winter Season)**

Boys Basketball: Bob Curran – [rcurran@lw210.org](mailto:rcurran@lw210.org)  
Girls Basketball: Jim Nair – [jnair@lw210.org](mailto:jnair@lw210.org)  
Boys Bowling: Coley O'Connell – [coconnell@lw210.org](mailto:coconnell@lw210.org)  
Girls Bowling: Melissa Stelter – [mstelter@lw210.org](mailto:mstelter@lw210.org)  
Cheerleading: Jaime Robison – [jrobison@lw210.org](mailto:jrobison@lw210.org)  
Girls Gymnastic: Skip Adamson – [sadamson@lw210.org](mailto:sadamson@lw210.org)  
Boys Swimming: Pat Shaughnessy – [pshaughnessy@lw210.org](mailto:pshaughnessy@lw210.org)  
Wrestling: Jack Young – [jyoung@lw210.org](mailto:jyoung@lw210.org)

### **Important Upcoming Dates**

October 26 First Day of Practice/Try-Out (Boys Bowling)  
November 2 First Day of Practice/Try-Out (Girls Basketball)  
November 4 First Day of Practice (Cheerleading)  
November 9 First Day of Practice/Try-Out (Girls Bowling, Girls Gymnastics, Boys Basketball, and Wrestling)  
November 12 Athletic Expectation Mandatory Meeting – Code of Conduct at 7:00pm  
November 14 Athletic Picture Day  
November 23 First Day of Practice (Boys Swimming and Diving)  
November 30 Athletic Picture Day for Boys Swimming and Diving