

**Forest Hills**  
Lutheran Christian School



**LUTHERAN ELEMENTARY  
SCHOOLS TOURNAMENT  
NORTHWEST**  
INFORMATION PACKET



# LEST A FHLCS TRADITION

Established 1962, the Lutheran Elementary School Tournament (LEST) Northwest is based on the value of Christian education that emphasizes the love and praise of God, and the thankful use of personal talents and service to others. Lutheran schools from all over the Pacific Northwest, Montana, California, and sometimes even Nevada, Nebraska, Alaska and Canada, gather in Tacoma, WA, to compete in various events, from athletics to academics to the arts. As many as 21 schools and over 1,000 students, 5th-8th grade, participate in LEST every year.

The tournament offers a variety of individual and team events that facilitate participants' emotional, intellectual, physical, and spiritual growth. At FHLCS our aim is for every student to engage in some way. Whether as part of the practice team or competing in events, every student plays a vital role in LEST.

**Continue reading to learn about the events available for student participation and helpful tips.**

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One of the most heartwarming moments occurred when our basketball team reached the semi-finals and played a challenging game. As the game concluded, parents and students gathered to cheer for the team, chanting, “We are proud of you!” It was truly a beautiful moment, showcasing our school’s unity and support for these young athletes during a tough time.



*Julie Ryan*  
FHLCS 8th Grade & LEST Director



# LEST EVENTS

## LEST Northwest

February 12-14th, 2026

Over these three days, 5th-8th graders from Lutheran schools all over the area will participate in a number of events that range from academic to athletic to artistic. Our goal is to have every 5th-8th grader participate in at least one event.

## FINE ARTS

### Art and Logo

- Event: Student art put on display digitally and judged during LEST
- Participants: 15 art pieces per school and 5 logo pieces per school selected by FHLCS committee, no on-site LEST commitment

### Choir

- Event: Choir sings as part of choir festival before a judge
- Participants: FHLCS middle school choir
- Practice: During fine arts middle school schedule

### Drama

- Event: Drama 1 act skit prepared and performed
- Participants: Auditions will be held
- Practice: After school and/or Saturday rehearsals

### Dramatic Interpretation

- Event: Individual drama performance
- Participants: Up to 2 students 5th/6th and up to 2 students 7th/8th grade
- Practice: On own with check-ins through Friday LEST practice





# LEST EVENTS

## **Instrumental Solo / Ensemble**

- Event: Perform an instrumental solo or group piece (can be accompanied) on the instrument(s) of your choice for a judge
- Participants: Up to 10 solos 5th/6th grade, up to 10 solos 7th/8th grade, and up to 6 ensembles 5th-8th grade
- Practice: On own

## **Original Oration**

- Event: Individual speech presented before a judge
- Participants: Up to 2 students 5th/6th and up to 2 students 7th/8th grade
- Practice: Write own speech and check in with coach

## **Piano**

- Event: Piano solo prepared and performed for judge
- Participants: Up to 10 5th/6th grade, up to 10 7th/8th grade
- Practice: On own

## **Reader's Theater**

- Event: Small group drama performance
- Participants: 1 team 5th/6th, up to 2 teams any grade, teams are 3-6 students
- Practice: Friday LEST practice

## **Vocal Solo / Ensemble**

- Event: Prepare and perform a vocal solo or group piece for a judge
- Participants: Up to 10 solos 5th/6th grade, up to 10 solos 7th/8th grade, and up to 5 ensembles 5th-8th grade
- Practice: On own





# LEST EVENTS

## ACADEMICS

### Bookworms

- Event: Book quiz style competition against other schools
- Participants: 2 teams of 6 students one 5th/6th and one 7th/8th
- Practice: Friday LEST

### Chess

- Event: Chess tournament
- Participants: 1 per grade with 1 alternate per grade
- Practice: Friday LEST

### Cubing

- Event: Rubix Cube competition
- Participants: Up to 4 students and 4 alternates
- Practice: Friday LEST

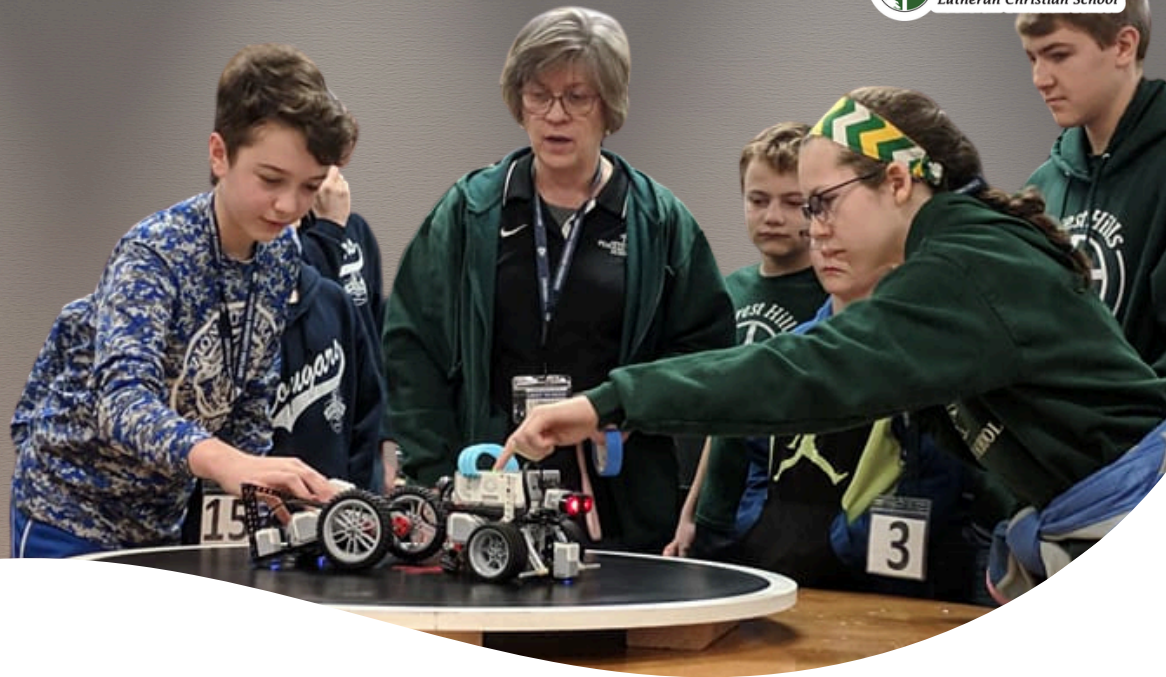
### Knowledge Bowl

- Event: Quiz bowl team competing against other schools
- Participants: Team of 5 and 5 alternates
- Practice: Friday LEST

### Lego Building

- Event: Lego building competition
- Participants: 2 teams with 2 students on each team: one 5th/6th and one 7th/8th team with 1 alternate per grade
- Practice: Friday LEST





# LEST EVENTS

## Math

- Event: Team/individual math tests taken
- Participants: 1 per grade with 1 alternate per grade
- Practice: During math class

## Robotics

- Event: LEGO robotics battle
- Participants: Up to 10 participants
- Practice: Friday LEST

## Science

- Event: Team event performing experiment
- Participants: Team of 5 with 5 alternates
- Practice: Friday LEST

## Spelling

- Event: Spelling bee
- Participants: 1 per grade with 1 alternate per grade
- Practice: Friday LEST

## Writing

- Event: Written submission
- Participants: 1 piece per grade
- Practice: Writing on own due to coach by December 15th  
selected from FHLCS committee from submissions, no on-site LEST commitment





# LEST EVENTS

## ATHLETICS

### Basketball

- Event: Boys/girls basketball tournaments
- Participants: 7th/8th boys and girls basketball team(s)
- Practice: As scheduled with team

### Bowling

- Event: Tournament style
- Participants: 1 team of either 5th/6th or 7th/8th
- Practice: On your own

### Cheer

- Event: Cheer Competition
- Participants: FHLCS Cheer Team
- Practice: As scheduled with team

### Dance

- Event: Dance Competition
- Participants: FHLCS Dance Team
- Practice: As scheduled with team

### Swimming

- Event: Swim meet
- Participants: Unlimited 5th-8th graders
- Practice: Outside school scheduled practices





# LEST HELPFUL TIPS

## HOTEL ACCOMODATIONS

A block of rooms will be available to families. For those interested in reserving a room please do so as soon as possible. Space is limited. Reserve a room today.

## LEST SCHEDULE

View the LEST master schedule by scanning the QR above. Please note this schedule is subject to change. The final schedule for Forest Hills will be sent out the week of LEST.

## LEST PASSES

Buying LEST event passes in advance helps you save. Closer to the event tickets will be on sale in the front office. The pass covers all events. Day and event passes will also be available for purchase at LEST.

## FOOD

Packing water and snacks for the day is recommended. Sometimes you may not have time to grab any food so a quick snack and drink will help tie you over. All events are located in Tacoma, WA area.

## PARKING

There is a lot of street parking at all the locations, but the close spots get taken fast so plan time to park and get your kid to their event. Plan to be 30 minutes ahead of time. On-site food and concessions may not be available in all locations. Plan ahead.

## ALTERNATES

Check the activities to make sure you know who are the alternates for your kids. If your child is an alternate for someone please be at those events. Alternates play a vital role in LEST and are always needed.

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LEST is such a remarkable event that brings together community. It's an opportunity for us to build relationships with other Lutheran schools and celebrate students God-given talents.

*Bonnie Moeller*  
FHLCS 7th Grade Teacher & Coach







# ***Forest Hills***

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