

**LAGRANGE  
HIGHLANDS  
MIDDLE SCHOOL**

**Activities Handbook**

**2021 - 2022**



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## Introduction

This handbook provides a reference for all Highlands Middle School activities, including performance groups, during and after school clubs, and sports teams. The activities represent the whole range of programs offered by the school as an extension of the school day. The contents of this handbook will assist you in making decisions regarding your involvement in activities.

The administration and faculty at Highlands Middle School encourage students to be involved in some type of school activity beyond regular participation in their classes. It is often through these extracurricular opportunities that students learn to appreciate the value of teamwork, determination, and commitment. Additionally, students often discover previously unknown skills and talents when participating in activities such as those described in this handbook.

Students are invited to provide feedback and ideas regarding the activities provided to them. If a student has an idea for a new club, group, or activity in which at least five students are willing to participate, he or she is encouraged to seek out a faculty sponsor who is willing to present the idea to the administration and to meet with the group regularly. It is the goal of the administration that every student finds his or her niche, that unique activity or club in which the student can become actively engaged and can contribute to the knowledge base and experiences of those around him or her.

Participation in and/or attendance at all clubs, activities, and sports is a privilege. It is the students' responsibility to maintain eligibility by meeting all academic and behavioral standards.

## **Performance Groups**

### **Chamber Orchestra**

Grade Level: 6th - 8th

Length of Activity: Year Round

Meeting Times: Monday 7:35am - 8:20am

Advisor: Mr. Koning

How to Join: Contact Mr. Koning

### **Chorus**

Grade Level: 4th/5th grade and 6th - 8th Grade

Length of Activity: 4th/5th - 1st and 3rd Trimester

6th-8th Year Round

Meeting Times:

4th/5th : Monday and Wednesday 7:35am - 8:20am

6th-8th: Tuesdays and Thursday 7:35am - 8:20am

Advisor: Mrs. Jost

How to Join: Fill out the form on Schoology

### **Concert Orchestra**

Grade Level : 6th - 8th

Length of Activity: Year Round

Meeting Times: During Orchestra Class,

Wednesday 7:35am - 8:20am

Advisor: Mr. Koning

How to Join: Contact Mr. Koning

### **Intermediate Orchestra**

Grade Level: 5th Grade

Length of Activity: Year Round

Meeting Times: During Class period and

Tuesdays 3:20pm - 4:05pm and Thursdays 7:35am - 8:20am

Advisor: Mr. Koning

How to Join: Contact Mr. Koning

## **Jazz Band**

Grade Level: 5th - 8th Grade Band Members plus non-members who play guitar, bass or piano.

Length of Activity: Year Round

Meeting Times: Thursdays 3:20 - 4:05pm

Advisor: Mrs. Hardesty

How to Join: Audition

## **Show Choir**

Grade Level: 7th and 8th

Length of Activity: Year Round

Meeting Times: Monday 3:20 - 4:05pm

Friday 7:35 - 8:20am

Advisor: Mrs. Jost

How to Join: Fill out the form on Schoology

## **Symphonic Band**

Grade Level: 5th Grade

Length of Activity: Year Round

Meeting Times: During Class Period and

Tuesdays 3:20pm - 4:05pm and Thursdays 7:35am - 8:20am

Advisor: Mrs. Hardesty

How to Join: Contact Mrs. Hardesty

## **Wind Ensemble**

Grade Level: 6th - 8th Grade

Length of Activity: Year Round

Meeting Times: During Class period and

Wednesdays 7:35am and Friday 7:35am - 8:20am

Advisor: Mrs. Hardesty

How to Join: Contact Mrs. Hardesty

## **Clubs and Activities**

### **Art Club**

Grade Level : 5th Grade - 8th Grade

Length of Activity:

7th and 8th Grade: September - October and Jan. - February

5th and 6th Grade: November - December and March - May

Meeting Times: Mondays 3:15pm - 4:00pm

Advisor: Mrs. Burtner

How to join: Permission Slip posted on Schoology

### **Boot Camp**

Grade Level: 5th Grade - 8th Grade

Length of Activity: October - December

Practice/Meeting times: Monday - Thursday 3:15pm - 4:30pm

Advisor: Mr. Steele

How to join: Come to a meeting

### **Buzzwords (Spelling Bee Club)**

Grade Level: 5th - 8th

Length of Activity: October - February

Meeting Times: Thursdays 3:15pm - 4:00pm

How to Join: Come to the first meeting

### **Chess Club**

Grade Level: 5th Grade - 8th Grade

Length of activity - January - March

Practice: Mondays 3:20pm - 4:30pm

Advisor: Mrs. Zavala

How to join: Come to a meeting

### **Game Club**

Grade Level: 5th Grade - 8th Grade

Length of activity: October - May

Meeting times: Tuesday 3:15pm - 4:00pm every other week

Faculty Advisor: Mrs. Luetkehans and Ms. Delp

How to join: see or email Mrs. Luetkehans

### **Garden Club**

Grade Level: 5th - 8th Grade

Length of Activity: Year Round

Meeting Times: Wednesdays 3:15pm - 4:30pm

Advisor: Mrs. Zita

How to Join: Come to a meeting

### **Homework Club**

Grade Level: 5th - 8th Grade

Length of Activity: September - May

Practice/Meeting times: Monday-Thursday 3:15pm - 4:00pm

Advisor: 5th Grade - Mrs. Zavala 6th Grade - Mrs. Pilch

7th Grade - Mrs. Clark 8th Grade - Mrs. Hughes

How to join: Teacher, parent or administrator referral

### **Millionaire Reading Program**

Grade Level: 5th - 8th Grade

Length of activity: All Year

Faculty sponsors: Ms. O'Brien

How to join: Sign up at the beginning of the year or contact the sponsor.

### **Peer Leadership Club**

Grade Level: 5th Grade - 8th Grade

Length of activity: All Year

Meeting times: during lunch

Faculty Sponsor: Mrs. Luetkehans

How to join: See Mrs. Luetkehans

### **Recycling Club**

Grade Level : 5th - 8th grade

Length of activity: All Year

Meeting Times: Thursdays, 3:15pm - 4:00pm

Faculty Sponsor: Mrs. Rus

How to join: Return Permission Slip

### **STEM/Tech Club**

Grade Level: 5th Grade - 8th Grade

Length of activity: September - April

Meeting times:

7th and 8th Grade - Tuesdays 3:15 - 4:15pm

5th and 6th Grade - Wednesday 3:15 - 4:15pm

Advisor: Mr. Agnos

How to join: Download Permission Slip on Schoology

### **Student Council**

Grade Level: 5th Grade - 8th Grade

Length of activity: All Year

Meeting times: Tuesday after school 3:15pm - 4:00pm

Faculty sponsor: Ms. Rankovich

How to join: Come to a meeting

### **What's the Buzz**

Grade Level: 5th - 8th Grade

Length of Activity: September to May, One Issue per Quarter

Meeting times: Wednesday 3:15pm - 4:00pm

Advisor: Mrs. Lanciloti

How to Join: come to a meeting



# **SPORTS**

## **Boys Basketball**

Grade Level: 7th and 8th Grade

Length of activity: November - January

Practice times: Monday - Friday 3:20pm - 5:00pm

Game times: 4:30pm

Coach - 7th Grade - TBD Coach 8th Grade - TBD

How to join: Try-outs

## **Boys Softball**

Grade Level: 7th and 8th Grade

Length of Activity: August - October

Practice times: Monday through Friday 3:20pm - 5:00pm

Game times: 4:30pm

Coach: 7th - Mr. Kolar 8th - Mr. Viniard

How to Join: Try-Outs

## **Boys Volleyball**

Grade Level: 7th and 8th Grade

Length of Activity: April - May

Practice times: 3:15pm - 5:00pm

Match times: 4:30pm

Coach: 7th - Mrs. Cotiguala 8th - Mrs. Wulf

How to join: Try-outs

## **Cheerleading**

Grade Level: 7th and 8th Grade

Length of Activity: November - January

Practice times: 3:20pm - 5:00pm

Game times: 4:30pm

Advisors: TBD

How to Join: Try-outs

## **Co-Ed Cross Country**

Grade Level: 5th - 8th Grade

Length of Activity: September - October

Practice times: 3:30pm - 4:30pm

Meet times: 4:30pm

Coach: Mr. Krause, Ms. Delp, Mr. Steele, Mrs. Clark

How to join: Attend 1st meeting

## **Co-Ed Soccer**

Grade Level: 7th and 8th Grade

Length of Activity: April to May

Practice times: Monday - Friday 3:20pm - 5:00pm

Game times: 4:30pm

Advisor: TBD

How to Join: Attend 1st meeting

## **Girls Basketball**

Grade Level: 7th and 8th Grade

Length of Activity: August - November

Practice times: Monday - Friday 3:20pm - 5:00pm

Game times: 4:15pm

Advisor: 7th - Mrs. Postelnick 8th - Mrs. Wulf

How to Join: Try-Outs

## **Girls Softball**

Grade Level: 7th and 8th Grade

Length of Activity: April - May

Practice times: Monday - Friday 3:20pm - 5:00pm

Game times: 4:30pm

Coach: 7th - Mr. Kolar 8th - Mr. Steele

How to Join: Try-Outs

## **Girls Volleyball**

Grade Level: 7th and 8th Grade

Length of Activity: Jan - March

Practice times: After School - days to be announced

Match times: 4:00pm

Coach - 7th - Mrs. Fitzgerald 8th - Mrs. Wulf

How to Join: Try-Outs

## **Intramurals**

Grade Level: 5th - 6th grade

Length of duration: October - January

Game times: 3:20pm - 5:00pm, Various days

Advisor: Ms. Breimeier and Mr. Krause

How to join: Attend 1st meeting

## **Intramural Bowling**

Grade Level: 5th - 8th Grade

Length of activity: November - March

Game times: 4:00pm - 6:00pm at Rolling Lanes; Day TBD

Advisor: Mr. Kolar

How to join: Attend 1st meeting

# Responsibilities and Communications

## Coach/Supervisor Responsibilities

- Thorough knowledge of the activity to adequately prepare members for their competitions or performances
- Written information regarding team/activity rules and consequences
- Written practice and game/performance information
- Adherence to established practice and game/performance schedules
- Supervision of participants at all times
- Respect for the integrity and judgment of game officials
- Respect for the integrity and personality of the individual participants
- Knowledge of locations and times of all practices and game/performances
- Communication regarding any discipline issues that result in the denial of a student's participation
- Communication regarding concerns about students' roles as team/activity members

## Participant Responsibilities

- Adhere to school rules at all times
- Care for and return all uniforms, equipment, and supplies
- Accept and understand the responsibility and privilege of representing school and family
- Respect the integrity and judgment of game officials
- Understand rules and consequences as established by the coach/supervisor

## Parent Responsibilities

- Read, support, and follow rules and consequences as established by the coach/supervisor
- Arrange to have prompt transportation for your child in regard to practices/games/meets/performances
- Care for and return all uniforms and equipment, if applicable
- Notify coaches/supervisors of any schedule conflict well in advance
- Communicate any concerns directly to the coach/supervisor
- Refrain from discussions regarding playing time, team strategy, play calling, or other student athletes

## Spectator Conduct

- It is a privilege, not a right, to observe games/meets/performances
- Spectators are present to support the program and its participants and to enjoy the skill and competition/performance
- Spectators are expected to understand that the school's activities are a learning experience for students and that mistakes are sometimes made
- Show respect for the opposing players, coaches, and spectators
- Respect the integrity and judgment of the game officials
- Refrain from any type of profanity, obscene language, or improper actions

## Conference Schools and Driving Directions

### ***Gurrie Jr. High School***

1001 S. Spring Ave., La Grange

(708) 482-2720

1. North on Brainard to 53<sup>rd</sup>
2. Turn right on 53<sup>rd</sup>. East to Spring
3. School entrance is on Spring in middle of block

\*\*Basketball and volleyball at the school. Softball is behind (east of) school. Soccer is at Sedgewick Park (47<sup>th</sup> and East Avenue)

### ***McClure Jr. High School***

4225 Wolf Road, Western Springs

(708) 246-7590

1. North on Wolf over Burlington tracks in Western Springs
2. Continue 1 block. School is on right.
3. Turn right on 42<sup>nd</sup> Street and park behind building 1 block east of Wolf Road. Entrance is in back.

\*\*Basketball and volleyball at the school. Boys' softball at Spring Rock Park. Girls softball at Springdale Park. Soccer at Spring Rock Park west field.

### ***Park Jr. High School***

325 N. Park Road, LaGrange Park

(708) 482-2500

1. North on Wolf to Ogden
2. Turn right on Ogden
3. East on Ogden to Brainard (stop light)
4. Turn left on Brainard
5. School is on the corner of Ogden and Brainard. Parking lot and entrance are in the front.

\*\*Basketball and volleyball at the school.

Softball at Hainsworth Park (26<sup>th</sup> Avenue and Barnsdale Road, LaGrange Pk).

Soccer at Sedgewick Park (47<sup>th</sup> Street and East Ave., Countryside)

### ***Pleasantdale School***

7450 S. Wolf Road, Burr Ridge

(708) 246-3210

1. South on Wolf Road, approximately 1<sup>1/2</sup> miles south of I-55. School is on the right.

\*\*Basketball and volleyball at the school.

Soccer and softball at Pleasantdale Park.

### ***Washington Middle School***

4040 Joliet Avenue, Lyons

(708) 783-4200

1. North on Wolf to Ogden
2. Turn right onto Ogden
3. East on Ogden, past 1<sup>st</sup> Avenue and Lawndale, to Leeland (Bruno's Deli on corner)

4. Turn right onto Leeland
  5. South on Leeland half a block into school parking lot
- \*\*Basketball and volleyball at the school.

***Westchester Middle School***

1620 Norfolk, Westchester  
(708) 450-2735

1. North on LaGrange, past Cermak to Canterbury
2. Turn right onto Canterbury
3. East on Canterbury

\*\*Basketball, volleyball, and softball at the school.

***Willow Springs School***

8345 Archer Avenue, Willow Springs  
(708) 839-6828

1. South on Wolf to German Church Road
2. Turn left onto German Church Road
3. East on German Church Road to Willow Springs Road
4. Turn right onto Willow Springs Road
5. South on Willow Springs road to Archer (first light)
6. Turn left onto Archer
7. East on Archer approximately 1 mile. School is on the right. Entrance and parking in front

\*\*Basketball and volleyball at the school. Girls softball at Lyons Field (on Park Street, two blocks west and one block north of school). Boys' softball at Little League Fields (on Vana Street, east of Willow Springs, north on Vana Street)

***Special Locations***

Highlands home soccer games at Pleasantdale Park (7425 Wolf Rd, Burr Ridge, IL 60527).

Tournament games at Hodgkins Park District (Joliet Road to East Avenue, turn right, south to Lyons Street, turn left. Building will be on left).