

**LAGRANGE
HIGHLANDS
MIDDLE SCHOOL**

Activities Handbook

2022 - 2023



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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.

Boot Camp

Grade Level: 5th Grade - 8th Grade

Length of Activity: October - January

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

Advisor: Mrs. McMillan

How to join: Open to everyone, just come to a meeting

Chess Club

Grade Level: 5th Grade - 8th Grade

Length of activity - January - March

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

Advisor: Mrs. Zevala

How to join: Come to a meeting

Game Club

Grade Level: 5th Grade - 8th Grade

Length of activity: All Year

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

Faculty Advisor: Mrs. Leutkehans

How to join: see or email Mrs. Luetkehans

Homework Club

Grade Level: 5th - 8th Grade

Length of Activity: September - May

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

Advisor: 5th Grade - Mrs. Lebensorger

6th Grade - Mrs. Novotny

7th Grade - Mrs. Murphy

8th Grade - Mrs. Kinzel

How to join: Teacher, parent or administrator referral

Math Team

Grade Level: 5th Grade - 8th Grade

Length of Activity: October - April

Practice/Meeting times: Wednesday 7:30am - 8:20am

Advisor: Ms. Falout

How to join: open to everyone, just come to an informational meeting

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 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: Sign up at the beginning of the year

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. Billotto

How to join: Sign up at the beginning of the year

What's the Buzz

Grade Level: 5th - 8th Grade

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

Meeting times: before and after school - dates to be announced

Advisor: Mrs. Lettiere

How to Join: Attend an informational meeting

Garden Club

Grade Level: 5th - 8th Grade

Length of Activity: August - October and March - May

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

Advisor: Mrs. Zita

How to Join: Attend an informational meeting

Buzzwords (Spelling Bee)

Grade Level: 6th - 8th Grade

Length of Activity: End of October - February

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

Advisor: Mrs. Clark

How to Join: Attend an informational meeting

SPORTS

Boys Volleyball

Grade Level: 7th and 8th Grade

Length of Activity: April - May

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

Match times: 4:00pm

Coaches: 7th - Mrs. Onchuck , 8th - Mrs. Cotiguala

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: 4:00pm

Coaches: Mr. Agnos, Mrs. Clark, Mrs. Kinzel,
Ms. Kuehn

How to join: Attend pre-season meeting

Cheerleading

Grade Level: 7th and 8th Grade

Length of Activity: November - January

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

Game times: 4:00pm

Coaches: Mrs. Smith, Ms. Krok

How to Join: Try-outs

Boys Basketball

Grade Level: 7th and 8th Grade
Length of activity: November - January
Practice times: 3:20pm - 5:00pm
Game times: 4pm
Coaches -
How to join: Try-outs

Co-Ed Soccer

Grade Level: 7th and 8th Grade
Length of Activity: April to May
Practice times: 3:20pm - 5:00pm
Game times: 4:15pm
Coaches: Ms. Geitman and Mrs. Breimeier
How to Join: Attend pre-season meeting

Girls Basketball

Grade Level: 7th and 8th Grade
Length of Activity: August - November
Practice times: 3:20pm - 5:00pm
Game times: 4:15pm
Coaches: 7th - Mrs. McMillan, 8th - Ms. McGivney
How to Join: Try-Outs

Girls Softball

Grade Level: 7th and 8th Grade
Length of Activity: April - May
Practice times: 3:20pm - 5:00pm
Game times: 4:15pm
Coaches: 7th - Mr. Kolar, 8th - Mr. Agnos
How to Join: Try-Outs

Intramurals

Grade Level: 5th - 6th grade
Length of duration: Fall and Winter
Game times: 3:20pm - 5:00pm
Advisors: Ms. Geitman and Ms. Breimeier
How to join: Attend 1st meeting

Intramural Bowling

Grade Level: 5th - 8th Grade

Length of activity: November - February

Game times: 4:00pm - 6:00pm at Rolling Lanes

Advisor: Mr. Kolar

How to join: Attend 1st meeting

Boys Softball

Grade Level: 7th and 8th Grade

Length of Activity: August - October

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

Game times: 4:15pm

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

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. Cotiguala, 8th - Mrs. Fitzgerald

How to Join: Try-Outs

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 53rd
2. Turn right on 53rd. 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 (47th 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 42nd 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 (26th Avenue and Barnsdale Road, LaGrange Pk).

Soccer at Sedgewick Park (47th Street and East Ave., Countryside)

Pleasantdale School

7450 S. Wolf Road, Burr Ridge

(708) 246-3210

1. South on Wolf Road, approximately 1½ 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 1st 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 Ave., turn right, south to Lyons Street, turn left. Building will be on left).

* **Cross Country meets at Cermak Woods** (hosted by Washington - 7600 Ogden Ave., Lyons, IL 60534)

* **Cross Country meets at Pleasantdale Park** (hosted by Pleasantdale - 7425 Wolf Rd., Burr Ridge, IL 60527)