

**LAGRANGE
HIGHLANDS
MIDDLE SCHOOL**

Activities Handbook

2021 - 2022



Table of Contents

Introduction

Responsibilities and Communications

Coach/Supervisor Responsibilities

Participant Responsibilities

Parent Responsibilities

Spectator Conduct

Activities and Descriptions

Performance Groups

Chamber Orchestra

Chorus

Concert Orchestra

Intermediate Orchestra

Jazz Band

Show Choir

Symphonic Band

Wind Ensemble

Clubs & Activities

Art Club

Boot Camp

Buzzword Spelling Club

Chess Club

Game Club

Homework Club

Millionaire Reading Program

Peer Leadership Club

Recycling Club

STEM/Tech Club

Student Council

What's the Buzz?

Sports

Boys' Basketball

Boys' Softball

Boys' Volleyball

Cheerleading

Co-ed Cross Country

Co-ed Soccer

Girls' Basketball

Girls' Softball

Girls' Volleyball

Highlands Dance Team

Intramurals - 5th & 6th grades

Intramural Bowling

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

*The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirement of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modifications.

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 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 Avenue, turn right, south to Lyons Street, turn left. Building will be on left).