

**LAKEVIEW
JUNIOR HIGH**

**EXTRA-CURRICULAR
ACTIVITIES
HANDBOOK**

2011-2012

Lakeview Junior High Extra-Curricular Activities Handbook

The following handbook contains information regarding extra curricular offerings for students at Lakeview Junior High. Each of these activities is scheduled at various times of the year and may meet before, during, or after school. The book has been divided into three areas of focus:

- Academic Enrichment and Community Service
- Fine Arts
- Athletics

We encourage each child to become involved in activities that may continue and enhance their experiences beyond the classroom.

Inter-scholastic Sports

Lakeview Junior High competes interscholastically and is a member of the Southeast DuPage Athletic Association Conference. Any athletic activities that take place through SEDAA require that students have an athletic physical on file in our office ***prior to tryouts***. These forms are available in the school office and from the P.E. instructors and online.

Academic Eligibility

Although none of the activities listed in this guide are graded, students must be in academically good standing to participate. This is defined by our extra curricular eligibility policy as stated in the student handbook. Students must achieve passing grades in all subjects in order to participate in any extra-curricular activities.

A detailed description of eligibility policies can be found on pages 23 and 24 of the Lakeview Student Handbook.

I hope you find this guide informative and a useful resource as your child attends Lakeview Junior High. Each activity description lists a contact person that is the coach or director of the activity. Specific questions or concerns may be directed to each of these individuals for the most current and accurate information or you may contact me directly.

Sincerely,

Mr. Paul Windsor
Principal

SPORTS ACTIVITIES

BASKETBALL INTRAMURALS

Grades eligible to participate: 6th, 7th & 8th Grade - Boys

Criteria to participate: Permission Slip

When are tryouts held? N/A

Time of year activity meets: October through December

Time of day activity meets: 3 - 5 pm

Description: Intersquad games and Basic Basketball skill work.

Contact person: Mr. Dvorak

JV GIRLS BASKETBALL

Grades eligible to participate: 6th & 7th Grade - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Late October

Time of year activity meets: Late October thru Mid December

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic basketball with games against teams in the Southeast DuPage Conference.

Contact person: Mr. Little and Miss Nyhlen

VARSITY GIRLS BASKETBALL

Grades eligible to participate: 8th Grade - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Late October

Time of year activity meets: Late December thru Early March

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic basketball with games against teams in the Southeast DuPage Conference.

Contact person: Mr. Little and Miss Schwenkel

JV BOYS BASKETBALL

Grades eligible to participate: 6th & 7th Grade - Boys

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Late October

Time of year activity meets: October thru December

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic basketball with games against teams in the Southeast DuPage Conference.

Contact person: Mr. Dvorak

VARSITY BOYS BASKETBALL
Grades eligible to participate: 7th & 8th Grade - Boys
Criteria to participate: Physical form on file in the office within last 12 months
When are tryouts held: late October
Time of year activity meets: Mid December thru Early March
Time of day activity meets: Monday thru Friday 3 - 5 pm
Description: Competitive interscholastic basketball with games against teams in the Southeast DuPage Conference.
Contact person: Mr. Dodd

JV BASKETBALL CHEERLEADING
Grades eligible to participate: 6th & 7th Grade - Girls
Criteria to participate: Physical form on file in the office within last 12 months
When are tryouts held: Late October
Time of year activity meets: October thru December
Time of day activity meets: Monday thru Friday 3 - 5 pm
Description: Cheer for competitive interscholastic basketball with games against teams in the Southeast DuPage Conference. Cheerleaders only cheer for boys and girls JV b-ball HOME games.
Contact person: Miss Coppoletta

VARSITY BASKETBALL CHEERLEADING
Grades eligible to participate: 8th Grade - Girls
Criteria to participate: Physical form on file in the office within last 12 months
When are tryouts held: December
Time of year activity meets: December thru February
Time of day activity meets: Monday thru Friday 3 - 5 pm
Description: Varsity cheerleading meets daily to practice for all home basketball games. We also take part in some tournaments outside of regular school hours. The skills needed to be part of the team include cheering, dancing and stunting. Students trying out need to make a commitment for the duration of the season, as spots are limited.
Contact person: Mrs. Maass

FOOTBALL CHEERLEADING

Grades eligible to participate: 6th, 7th & 8th Grade - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Tryouts are held within first or second week of school

Time of year activity meets: August thru October

Time of day activity meets: Monday thru Friday 3 - 5 pm

Students wishing to participate in the football cheerleading season will practice each day and perform during home and away football games. Football cheerleading consists of cheering and stunting. Students should be able to make the commitment for the duration of the season; spaces on the team are limited.

Contact Persons: Miss Coppoletta

CROSS COUNTRY

Grades eligible to participate: 6th, 7th & 8th - Boys & Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: There are no tryouts. If you come out, you are on the team

Time of year activity meets: August thru October.

Time of day activity meets: from 3 - 5 pm except on meet days. There are some Saturday meets.

Description: Cross country is distance running. Meet distances are 2.0 miles and practices are from 2.0 miles to 4.0 miles broken down into distances no greater than 2.0 miles. This is a great cardiovascular activity helping students to improve their overall fitness. Practice is Monday through Friday. Runners must attend at least three days of practice per week (if they are on another sporting or other activity). There are separate teams for Boys and Girls.

Contact person: Mr. Rodda and Mr. Urbas

FOOTBALL

Grades eligible to participate: 6th, 7th and 8th Grade - Boys

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held? Late August

Time of year activity meets: Late August thru middle of October

Time of day activity meets: 3 - 5 pm

Description: Full contact tackle football with practice and/or games each day of the week.

Contact person: Mr. Dvorak

FLOOR HOCKEY

Grades eligible to participate: 6th Grade Boys & Girls

Criteria to participate: Permission Slip

When are tryouts held: N/A

Time of year activity meets: After Spring Break

Time of day activity meets: 3:15 - 4:00 pm

Description: Students play floor hockey, boys and girls play separately

Contact person: Mr. Trinco

MORNING INTRAMURALS (BASKETBALL & HOCKEY)

Grades eligible to participate: 6th, 7th & 8th - Boys & Girls

Criteria to participate: Permission Slip

When are tryouts held: N/A

Time of year activity meets: January thru March

Time of day activity meets: 7:00 - 7:45 am Tues, Thurs & Fri.

Description: Students will be placed on teams for basketball and hockey games.

Contact person: Mr. Dvorak

GIRLS SOCCER

Grades eligible to participate: 6th, 7th, & 8th Grade - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Tryouts held in late March

Time of year activity meets: March through May

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic soccer with games against teams in the Southeast DuPage Conference.

Contact person: Ms. Wilson

BOYS SOCCER

Grades eligible to participate: 6th, 7th & 8th Grade - Boys

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Late March

Time of year activity meets: Late March thru Mid May

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic soccer with games against teams in the Southeast DuPage Conference

Contact person: Miss Schwenkel

GIRLS SOFTBALL

Grades eligible to participate: 6th, 7th, & 8th Grade - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Tryouts held in late March

Time of year activity meets: March through May

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive softball with games against teams in the Southeast DuPage Conference.

Contact person: Miss Nyhlen

SWIMMING

Grades eligible to participate: 6th, 7th, & 8th Grade - Boys & Girls

Criteria to Participate: Physical form on file in the office within last 12 months

When are tryouts held: End of March/Beginning of April

Time of year activity meets: Spring (April)

Practices that will be held after school until about 5. The meet will last until about 6:30.

Description: The Lakeview Swim Team begins in late March/early April. It consists of three practices (held at DGS) and one swim meet. We will take a bus from Lakeview to Downers Grove South to practice. This is a great opportunity for students to swim and have fun!

Contact person: Miss Enzbigilis

TRACK AND FIELD

Grades eligible to participate: 7th and 8th (6th if not a good turnout for the upper grades) - Boys & Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: N/A

Time of year activity meets: Spring

Time of day activity meets: Some mornings and twice a week after school

Description: Track and Field gives the opportunity to try different events that include running, jumping, and throwing. There are events ranging from sprints, long distance, hurdles, high jump, long jump, and shot put. This is a great sport to be involved in and a great way to stay in shape for other sports seasons!

Contact person: Miss Coppoletta

JV GIRLS VOLLEYBALL

Grades Eligible to Participate: 6th & 7th Grade - Girls

Criteria to Participate: Physical form on file in the office within last 12 months

When are tryouts held? Tryouts held in late August

Time of year activity meets: August through October

Time of day activity meets: Monday thru Friday - 3 - 5 pm

Description: Competitive volleyball with games against teams in the Southeast DuPage Conference.

Contact person: Mrs. Wrzesinski

GIRLS VARSITY VOLLEYBALL

Grades eligible to participate: 7 & 8 Grades - Girls

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Tryouts are held in late August

Time of year activity meets: August through October

Time of day activity meets: Monday thru Friday 3 - 5pm

Description: Varsity Volleyball is a competitive team that plays games against other teams within the Southeast DuPage Conference.

Contact person: Miss Nyhlen

VARSITY BOYS VOLLEYBALL

Grades eligible to participate: 6th, 7th & 8th Grade - Boys

Criteria to participate: Physical form on file in the office within last 12 months

When are tryouts held: Late March

Time of year activity meets: April thru May

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: Competitive interscholastic volleyball with games against teams in the Southeast DuPage Conference.

Contact person: Miss Cerney

ACADEMIC ENRICHMENT/COMMUNITY SERVICE ACTIVITIES

LEADERSHIP TEAM

Grades Eligible to Participate: 7th & 8th Grade - Boys & Girls

Criteria to Participate: Teacher recommendation and student interest.

Time of Year Activity Meets: Full Year - Will start at the end of Sept. to the beginning of Oct., 6th Grade students will be added throughout the year.

Time of Day Activity Meets: Varies (Morning, Lunch, After School)

Description: The leadership is an elective group where students are initially chosen by the staff. Students are recommended based on leadership/qualities: Strong Positive Leader-other students follow his/her positive examples, good group of friends/will help friends make the right choices, outgoing and positive, participants in activities in/out of school, friendly to other students, even if not in friend group. The team will travel to PV and Ide to engage the students in character building activities. They also assists in parent tour nights. To help in 5th grade transitions, the Leadership Team creates a video and conducts building tours in with small groups. Throughout the year, the Leadership Team will meet with some high school students to enhance their skills.

Contact person: Mrs. Mesker

MAKE A DIFFERENCE CLUB

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Interest in "making a difference" at school, locally, and nation-wide.

When are tryouts held: Open

Time of year activity meets: September thru May

Time of day activity meets: Meeting time varies by committees as well as time of year.

Description: This activity is open to all students regardless of other activity/sport commitments. We have both morning and after school meetings throughout the year, trying to accommodate students' needs. Some activities include recycling, charity drives, student-driven philanthropies, etc.

Contact person: Mrs. Maass

MATH CLUB

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Show an interest in math

When are tryouts held: N/A

Time of year activity meets: October thru March

Time of day activity meets: Weekly after school 3 - 4 pm plus some Saturday math competitions

Description: Challenging math problems and puzzles are presented to students. Students participate both as individuals and on teams.

Contact person: Mrs. Myers and Miss Enzbigilis

MEMORY MAKERS CLUB

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Show an interest in learning about Alzheimer's Disease and how to communicate with senior citizens.

When are tryouts held: Pick up an application

Time of year activity meets: Session 1: September thru December/Session 2: February thru May

Time of day activity meets: Weekly after school 3 - 4 pm days in classroom; 3 - 5 pm visit days (day of week varies)

Description: While in the classroom, students are learning and practicing communication strategies in order to be prepared for visits to the nursing home. Students are paired up with a resident at Fairview Home and throughout a number of visits, interview and get to know their buddy. The end product is a story board created by both the student and the buddy.

Contact person: Mrs. Mixon

NEWSPAPER CLUB

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Open

When are tryouts held: N/A

Time of year activity meets: Throughout year on 1st & 3rd Thursday of the month.

Time of day activity meets: Thursday 3 - 3:45 pm

Description: In Newspaper club students brainstorm potential articles they would like to write for the upcoming edition. Then they either research information, get interviews, or observe the event they will be writing about. We then have about two meetings where students type up their stories in the IMC. After Mrs. Bretl and Mrs. Mastny publish the paper we will then meet one morning at 7:35 am to sort and staple the papers. We try to have the papers come out on Thursday mornings for silent reading day.

Contact person: Mrs. Bretl and Mrs. Mastny

SCHOLASTIC BOWL

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Show an interest in trivia

When are tryouts held: N/A

Time of year activity meets: January thru March

Time of day activity meets: Weekly after school 3:00-4:00 plus several conference matches and a conference tournament.

Description: Students compete against other schools in our conference by answering questions across all disciplines. Matches last for about an hour and transportation from Lakeview to the matches and back is provided.

Contact Persons: Mrs. Myers and Miss Enzbigilis

SCIENCE CLUB

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Motivation and an interest in science

When are tryouts held: Applications accepted in March

Time of year activity meets: Every Monday from March thru June

Time of day activity meets: Mondays 3 - 5 pm

Description: Science Club is for self motivated students who wish to expand their understanding of science. All students are expected to perform according to school extra curricular requirements.

Contact person: Mr. Urbas

STUDENT COUNCIL

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate (Tryouts, teacher recommendation, interest in topic, etc) students must be committed to weekly meetings. They should be a "leader" and someone who is willing to speak in front of other students.

When are tryouts held: September

Time of year activity meets: Year round

Time of day activity meets: Thursday mornings at 7:35 and additional days/times when needed.

Description: Student council provides an opportunity for students to get involved and make decisions in our school. Student council is responsible for activities such as dances, open gym nights, planning spirit days and doing other school wide fundraisers and fun activities.

Contact person: Mrs. Conley

YEARBOOK CLUB

Grades eligible to participate: 7th & 8th Grade - Boys & Girls

Criteria to participate: Interest in yearbook, photography; complete application

When are tryouts held: September or October

Time of year activity meets: October thru March

Time of day activity meets: After school, usually once per week

Description: Students determine yearbook cover as well as order of yearbook content. Students take pictures during the school day, and at school events (dances, open gym night, pack the place, etc.) for use as candid in yearbook. Students create collages from candid.

Contact person: Ms. Wilson and Mrs. Bretl

FINE ARTS ACTIVITIES

COLOR GUARD

Grades eligible to participate 7th & 8th Grade - Girls

Criteria to participate: Non Band Student, Academic Eligible, Attend Workshop and Tryouts

When are tryouts held: Tryouts are held in May for the following school year

Time of year activity meets: Meets in the Fall and sometimes Spring

Time of day activity meets: Before School from 7:10 - 7:45 and 12:15 -12:45 as needed

Description: Color Guard is a group that performs with the Marching Spartans. The Color Guard performs a set flag routine to the music which is played by the band. Color Guard is an extra curricular activity. Girls audition for this group at the end of the school year to become a member for the following year. Students must be able to attend at least 2 workshop days and an audition day. If selected, color guard members must be able to attend all rehearsals and performances and remain academically eligible. Color Guard members are eligible to travel with the marching band if there is an opportunity.

Contact person: Mr. Tedeschi and Mr. Ohlsen

JAZZ BAND

Grades eligible to participate: 7th & 8th Grade - Boys & Girls

Criteria to participate (Tryouts, teacher recommendation, interest in topic, etc)-Must be enrolled in the instrumental music program. Participation by director recommendation.

When are tryouts held: N/A

Time of year activity meets: September thru May

Time of day activity meets: 7:10 - 7:45 am, 3 days/week

Description: Jazz Band is an extra-curricular, competitive performing group of eligible 7th and 8th grade students enrolled in the band program. The students continue to explore and study various jazz styles and improvisation. This ensemble performs at the fall, winter, and spring concerts, the Downers South Jazz Café, and competes at a spring festival. This group will also perform for other community or school functions as they come up.

Contact person: Mr. Ohlsen

JAZZ LAB BAND

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate (Tryouts, teacher recommendation, interest in topic, etc)-Must be enrolled in the instrumental music program. Participation by sign-up and/or recommendation.

When are tryouts held: N/A

Time of year activity meets: October thru May

Time of day activity meets: 3:00 - 4:30 pm, one day/week

Description: Jazz Lab band is an extra-curricular, entry level jazz group open to all eligible 6-8th grade students enrolled in band. This ensemble serves two main purposes: 1) To allow more students access to jazz music, especially those who play non-traditional jazz band instruments, and 2) To start young rhythm section players on bass, drumset and jazz piano. This group performs at the winter and spring concerts. No audition is required for this group.

Contact person: Mr. Ohlsen

CHOIR

Grades eligible to participate: 6th, 7th & 8th Grade - Boys & Girls

Criteria to participate: Open

When are tryouts held: N/A

Time of year activity meets: September thru May

Time of day activity meets: Tuesday & Thursday - 7:10 - 7:45 am

Description: The choir is an extra-curricular performing ensemble that provides the students at Lakeview an opportunity to learn proper vocal technique and develop singing skills while performing in concerts, school events, contests, and in the community. There are also additional activities the choir members can voluntarily participate in such as the IMEA District Choir or Solo Contest.

Contact person: Miss Berman

DRAMA CLUB

Grades eligible to participate: 7th & 8th Grade - Boys & Girls

Criteria to participate: None

When are tryouts held: Anyone can join

Time of year activity meets: January thru February

Time of day activity meets: Tuesday 3 - 5 pm

Description: Drama Club is an extra-curricular activity for students interested in theater arts. In the club, the students learn improvisational acting techniques, to follow and write their own script, blocking and choreography tips, and performance techniques in an educational setting.

Contact person: Miss Berman and Mr. Ohlsen

MUSICAL

Grades eligible to participate: 7th & 8th Grade - Boys & Girls, and all Choir members (including 6th grade choir members).

Criteria to participate: Auditions

When are tryouts held: Workshops and auditions are the first week in March

Time of year activity meets: March thru May

Time of day activity meets: Monday thru Friday 3 - 5 pm

Description: The musical cast work towards presenting a new musical production each year including singing, dancing, and acting in a traditional theatre setting. Past productions include The Music Man, Jr., and Guys and Dolls, Jr. This year's production is Oklahoma!

Contact person: Miss Berman and Mr. Ohlsen