

MJHS

Extracurricular Activity Descriptions

For 2015-2016



Mokena Junior High School offers a wide range of extracurricular athletics, activities and clubs for our students. We understand that students who participate in extracurricular activities perform better in school and feel more connected to our school community. We strongly encourage families to partake in extracurricular activities.

This packet gives brief descriptions of our extracurricular activities. If you have detailed questions after reading this document please contact the office at 708-342-4870 and we will direct you to the appropriate coach or sponsor.

Important Notes:

Glossary

Conference – We are a member of the Des Plaines Valley Conference or DPVC. We participate in all Conference tournaments and events. The members of the DPVC are: Hickory Creek Middle School, Homer Jr. High, Liberty Jr. High, Manhattan Jr. High, Martino Jr. High, Mokena Jr. High, Summit Hill Jr. High, and Troy Middle School.

Illinois Elementary School Association – IESA – We are a member of the Illinois Elementary School Association commonly referred to as the IESA. The IESA is a state-wide organization that provides common rules, standards and tournaments for elementary school athletics and activities. We participate in tournament series for several of their sports and activities. Schools are divided into classes for tournaments based on 7th and 8th grade enrollment. Due to our size, MJHS is in the highest class.

The IESA State Tournament Series consists of the following:

- **Regional Tournament** – Series of contests with other IESA schools in our local area. May or may not include schools in our conference. Winning the Regional Tournament means advancement to the Sectional Tournament.
 - **Sectional Tournament** – Normally a single contest with a winner from other regional tournaments. Winning Sectional normally means advancing to the State Tournament. Some activities begin at the sectional level.
 - **State Tournament** – Winners from sectional contests across the state converge at a central location for a final tournament.
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General Information

- Students may only participate in one activity during a given season for athletic teams and clubs. For example, a student may not be on the cheerleading squad and the poms at the same time. However, a student may be able to participate on an athletic team and also be in a club. For example, a girl may be on the Volleyball team and also participate in Jazz Band. If you have any questions about conflicts, please contact the MJHS office. See the activity descriptions section of this document.
- There are times when seasons overlap due to advancement in state tournaments. Should this occur, students will be allowed to tryout for the next season while still participating in the current season. Coaches will do their best to make fair accommodations.
- Students participating in IESA activities may participate in club activities during the same season.
- All students participating in an athletic activity must have completed turned in an Athletics Tryout Packet before tryouts or the practice season begins if there are no tryouts.

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- Many activities require a student purchase supplies that are not covered by activity fees. For example, we will provide basketball uniforms, but we do not provide shoes. We will provide uniform tops for baseball and softball, but students will need to purchase their own pants, mitt and socks. See activity descriptions for more information.
- All students must maintain athletic eligibility during the season to participate in contests.
- A student may not quit one team to join another. If a student quits a team, he or she may not participate in another activity until the first season is complete. For example: A student may not quit the girls' basketball team to join cheerleading.

Tryouts

- If an activity has more students sign up than the activity can accommodate, there will be Tryouts.
- Tryout times and dates will normally be shared approximately two weeks prior to the tryout dates via our student management system.
- A list of alternates will be kept by the athletic director and should someone drop out or not be able to complete the season, alternates may be asked if they would like to join the team. Should this occur, students will be charged a prorated cost for the activity.
- Fees are collected AFTER the student makes the team. A Fee payment sheet will be given to the student when he or she makes the team that will include the appropriate due date. No Fees are collected prior to the student making the team.

Playing time

- Playing time is at the discretion of the coach or sponsor.
- It is the goal of our activities to allow students to learn and participate. Playing time is not guaranteed. Coaches and sponsors will attempt to adhere to the following goals:
 - At all non-conference events, attempts will be made that all students will participate if possible.
 - At all conference events, some students may not participate.
 - At all tournaments, the coach/sponsor will put the best competitors in the contest.
- Playing time guidelines will be discussed at tryouts for each team. If you have questions, please contact MJHS to speak to the Athletic Director.
- Students who quit or who are removed for academic or behavioral reasons will not be refunded their participation fee.

Practice Times & Schedules

- Most clubs and athletic activities will practice directly after school. Coaches and sponsors will share a practice schedule with each student and will notify students of any changes as they occur. Normally students will **not** be allowed to leave school between the end of the school day and practice time unless the practice is scheduled for later in the evening.
- Students are expected to attend practice and there may be playing time consequences for missing practices without an approved excuse.

Waivers

- To qualify for a fee waiver for extracurricular activities, a family must be approved for "Free or Reduced Lunch" status through the District Office. Those qualifying for Free Lunch may apply to have the entire fee waived. Those qualifying for Reduced Lunch may apply to have 50% of the fee waived.
- MJHS reserves the right to restrict the number of waivers per child per year.
- Parents must request a fee waiver by turning in the payment sheet with a note to apply for the waiver. Waivers are not automatic.

Activity Descriptions:

Below are general activity descriptions for each extracurricular activity. These descriptions are very brief and are designed to give families a flavor for each activity.

Athletics

Summer/Fall Athletics

Baseball

The baseball season begins prior to the start of school. Tryouts are typically held the first week of August. Baseball is an IESA activity for 7th and 8th grade students only. There is only one baseball team. Practices will be according to an approved schedule prior to the start of school and after school begins, practices will be held after school. Games typically are on Mondays, Tuesdays, Thursdays and Saturdays. At this time, almost all games are away. We will participate in the IESA State Tournament Series. If the team makes it all of the way to State Tournament, the season ends the first week of October.

Students will be required to purchase: game pants, socks, and hats. Students must provide their own mitt and cleats.

Baseball team members may **not** participate in Cross-Country or Boys' Volleyball.

Boys' Volleyball

Boys' Volleyball – The season begins before the first day of school in the fall. Tryouts are normally the second week in August and matches begin the first week in September. The season will end with the conference tournament in mid-October. We have two teams; an 8th grade team and a combined 6th & 7th grade team. Practices are normally every day after school and games are normally on Mondays, Tuesdays and Thursdays, with some Saturday practices, games and Tournaments. Boys' Volleyball is **not** an IESA sport. We participate in conference tournament.

Boys' volleyball team members must provide the appropriate footwear.

Boys' Volleyball team members may **not** also participate in Cross Country or Baseball.

Cross Country

Cross Country is a sport for those students who enjoy long distance running on trails or road courses. Boys and girls of all three grade levels may participate on the team. Students race over a one or two mile course depending on grade level. The season begins the first week in August with practices. Meets may begin in early September and the season ends in mid-October. There is virtually no limit to the number of students who participate in Cross Country. There are no try-outs. Students will compete within the conference and participate in invitational, conference and IESA tournaments (Only selected students may participate in some tournaments). Practices will take place daily after school. Meets are normally on Mondays, Tuesdays and Thursdays with some events held on Saturday. Our home meets are at Main Park in Mokena. Some practices will be off campus at Main Park or on local sidewalks and park district walking trails.

Cross Country runners must provide the appropriate footwear.

Cross Country runners may **not** also participate in the following activities: Girls' Softball, Boys' Baseball, Boys' Volleyball, Girls' Basketball.

Softball

The softball season begins prior to the start of school. Tryouts are typically set for the last week of July. Softball is an IESA activity for 7th and 8th grade students only. There is only one softball team. Practices will be according to an approved schedule prior to the start of school and after school begins, practices will be held after school. Games typically are on Mondays, Tuesdays, Thursdays and Saturdays. Almost all games are away. We will

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participate in the IESA State Tournament Series. If the team makes it all of the way to State Tournament, the season will end the last week of September.

Students will be required to purchase: game pants, socks, and hats. Students must provide their own mitt and cleats.

If a student makes the Softball team she may **not** try out for Poms or the Cheer squad without permission from the administration. Softball players may **not** also participate in Cross-Country. We will work with the basketball coaches to allow students to try out for girls' basketball should the seasons overlap.

Poms

Similar to Cheerleading, Poms is for students interested in cheering on our boys' basketball teams, but they perform dance routines before and during these events. Poms is open to 6th through 8th grade students. At this time, Poms does not compete in IESA tournaments but we may compete in local events if feasible. Tryouts for Poms will begin late September/early October. Students would be expected to perform at home events for the boys' basketball season which begins in late October and ends in mid-February or at the last home basketball game.

Poms must purchase their own footwear. Normally the girls all buy the same shoes in a bulk order at the beginning of the season. The poms squad may choose to purchase other costume materials throughout the season.

Poms may **not** also participate in basketball or cheerleading. Poms who play baseball or run cross country must get permission from the Poms sponsor prior to tryouts due to the potential season conflicts. Poms may try out for girls' volleyball only with permission from the administration.

Fall / Winter Athletics

Boys' Basketball

The season for Boys' Basketball begins in mid-October and ends in mid-February. Tryouts are normally held in late-October and the season normally ends in February. We have three levels of teams; 8th Grade, 7th Grade, and 6th Grade A and B teams. Practices are normally every day after school and games are normally on Mondays, Tuesdays and Thursdays, with some Saturday practices, games and Tournaments. Boys' Basketball is an IESA sport for 8th and 7th grades. We participate in both non-conference and conference games/tournaments for all three grades and IESA tournament series for 8th and 7th grades.

Basketball players must provide the appropriate footwear.

Cheerleading

Cheerleading is for students interested in enthusiastically cheering on our boys' and girls' basketball teams. We participate in the IESA Cheerleading competition. Cheerleading is open to 6th through 8th grade students. Tryouts for cheerleading will take place in early October. Students would be expected to cheer at home events for the boys' basketball seasons which begin in late October and ends in mid-February or at the last home basketball game.

Cheerleaders must purchase their own footwear. Normally the girls all buy the same shoes in a bulk order at the beginning of the season.

Cheerleaders may **not** also participate in Basketball or Poms. Cheerleaders may try out for girls' volleyball only with permission from the administration.

Girls' Basketball

The season for Girls' Basketball begins in early September and ends in mid-December. Tryouts normally begin in late August/early September. We have three levels of teams; 8th Grade, 7th Grade, and 6th Grade A and B teams. Practices are normally every day after school and games are normally on Mondays, Tuesdays and Thursdays, with some Saturday practices, games and Tournaments. Girls' Basketball is an IESA sport for 8th and 7th grades. We participate in non-conference and conference games/tournament for all three grades and IESA tournament series for 8th and 7th grades.

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Basketball players must provide the appropriate footwear and socks.

Girls' Basketball players may not also participate in the following activities: poms, cheerleading, cross country. We will work with the softball coaches to share softball players if the seasons overlap.

Girls' Volleyball

The girls' volleyball season begins in the late December and ends in March. Tryouts are typically held in early December. We have two teams; an 8th grade team and a combined 6th & 7th grade team. Practices are normally every day after school and games are normally on Mondays, Tuesdays and Thursdays, with some Saturday practices, games and Tournaments. Girls' Volleyball is an IESA sport. We participate in non-conference and conference games/tournaments and IESA tournament series.

Volleyball players must provide the appropriate footwear and knee pads.

Girls may who are on the Poms or Cheer squad may only try out and participate in Volleyball with permission of the administration.

Spring Athletics

Track

Track is a sport for those students who enjoy running and participating in the traditional track and field activities. Boys and girls may participate on the team. The season begins in early March and ends late May. There is virtually no limit to the number of students who participate in Track. Limits are only imposed in the number of students allowed to participate in an event. There are no try-outs. Students will compete within the conference and participate in invitational, conference and IESA tournaments (Only selected students may participate in some tournaments). Practices will take place daily after school. We schedule 6th grade only meets for 6th graders to have a chance to participate with peers. We also schedule Meteor Meets for students who may not have qualified for other contests. Meets are normally on Mondays, Tuesdays and Thursdays with some events held on Saturday.

Track participants must provide the appropriate footwear.

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Clubs

Angler's Club

Angler's Club is for those students interested in fishing. The students are taught the basics of fishing and go on at least two fishing trips during the school year, typically once in the fall and once in the spring. Students may provide their own fishing gear for this activity but it is not required. Students meet periodically throughout the year after school and the fishing trips are on Saturdays in September and May.

Students should talk with the sponsor regarding conflicts.

Bowling

Students who are interested in bowling can participate on our school's team. The team normally forms in January and lasts through mid-April. This is an IESA activity but we can only take a limited number of students to the state tournament. Students are not expected to have their own bowling ball or shoes. Students bowl at Mokena's Thunderbowl, bowling alley.

Chess Club

The Chess Club is for students who enjoy playing chess and for students who want to learn about the game. Students will meet after school twice a month. Chess normally begins in December with the IESA State Tournament in late February. The sponsors are currently working with conference schools to schedule local chess tournaments.

Debate Team

Debate team is for students who are interested in learning about how to develop a logical argument and be able to verbally defend it. This club is not an IESA activity. There is virtually no limit to the number of students who can participate on the Debate team. This club is an internal activity. We do not compete against other schools. Debate practices after school twice a month from September through March.

Students should talk with the sponsor regarding conflicts.

Intramural Activities

Throughout the year students will have an opportunity to participate in at least four intramural activities. The activities vary from year to year due to interest. In the past we have had volleyball, cup stacking, table tennis, dodge ball, kickball, and others. Intramurals normally last just a few weeks. Students should listen to the announcements for more information.

National Junior Honor Society

NJHS is not a club that anyone can join. NJHS members are selected by nomination. Students must have exemplary grades to qualify for nomination. Furthermore, the candidates must be a well rounded individual who embodies the characteristics of service, citizenship, scholarship, and good character. NJHS sponsors several charity/service events throughout the school year. NJHS meets monthly after school.

Scholastic Bowl

Students interested in showing their academic prowess. Students must have a "B" (4.0) average on their last report card to sign up for Scholastic Bowl. Students compete in academic competitions (Math, Science, Language Arts, etc.) with teams from other schools. Scholastic bowl is open to 6th through 8th graders and it is an IESA activity. The Scholastic Bowl season begins in January and ends in early May. Tryouts are normally held in early January. Scholastic Bowl practices are normally held after school a few nights a week with matches held mostly on Mondays, Tuesdays, and Thursdays with some rare activities on Saturdays. We participate in the conference and IESA tournament.

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Students should check with the Scholastic Bowl sponsor prior to tryouts to determine club and athletic conflicts.

Speech Team (formerly called Drama)

Students who are interested in theater and drama or students who like to give speeches will enjoy being on the Speech Team. The Speech season begins in early September and ends with the IESA Speech Contest in late-October to early November. Students arrange regular practice times with their coach and/or with the other participants in their group. Some groups and students in multiple events practice daily after school, while others only practice a couple of nights a week until just before the contest. There is virtually no limit to the number of students who can participate in Speech. There may be an additional fee to participate in the speech contest.

Student Council

Students interested in Student Council should listen to the announcements early in the fall. We elect student council members in the early fall from each homeroom. Student council members participate in student government activities along with sponsoring the school store and other charitable and fun activities throughout the year.

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Music

Band

Band is for students who are interested in instrumental music. There are two bands at MJHS; 6th grade band and the 7th&8th grade band. All bands meet during zero hour before school at 7:00 AM daily. The students perform in four school concerts a year, organizational contest and many students perform in solo and ensemble contest. The band performs in at least one parade a year during the Mokena Memorial Day Parade and may perform in others. The band is supported by the Mokena Music Booster Association. The Music Boosters is a separate organization that works closely with the school. Parents are not required to join the music boosters but it is highly recommended.

The band provides some instruments but normally, the students are expected to provide their own instruments for band. Students are required to purchase a music shirt for concerts as part of the required uniform for all performances. Students will be expected to wear black pants and shoes and socks for all performances.

Choir

Choir is for students who are interested in vocal music. There is one Choir at MJHS. The Choir students meet during homeroom daily. Students should be academically stable enough to navigate junior high without homeroom time. The students perform in four school concerts a year, organizational contest and many students perform in solo and ensemble contest. The Choir is supported by the Mokena Music Booster Association. The Music Boosters is a separate organization that works closely with the school. Parents are not required to join the music boosters but it is highly recommended.

Students are required to purchase a music shirt for concerts and there is a required uniform for all performances.

IMPORTANT NOTE: *Choir meets during Advisory time during the school day. Students in Choir will still participate in advisory activities when planned but **will not** have time during Advisory to complete homework. Students may be removed from Choir to receive academic interventions but should not regularly miss Choir to meet with teachers. It is recommended that this be considered before joining choir.*

Jazz Band

Band students who are interested in enhancing their skills or who have an interest in jazz music will enjoy being in the Jazz band. Students will practice regularly after school. Jazz Band will have two Jazz Coffeehouse concerts during the year. Interested students should discuss joining with their Band instructor prior to signing up.

This club is not currently hosted at Mokena Junior High School. We do not schedule or sponsor the practices, locations or events at this time.

Marching Band

Students who enjoy marching and playing their instruments will enjoy our Marching Band Club. The club will begin in mid August and will meet to practice before marching events. The Marching Band will participate in both parades and a field show. The Marching Band will participate in the Frankfort Fall Fest Parade, the Manhattan Fun Days Parade, Field Show on September 20th, Mokena Holiday Lights Parade (weather permitting), and the Mokena Memorial Day Parade.

Musical

Students who enjoy acting and singing can audition for the spring MJHS Musical. Auditions will be held in December and rehearsals begin in January. Rehearsals will typically be twice a week after school but may increase as the date of the performances draws near or if deemed necessary. The Musical performance will be in late April. Students may be required to purchase or provide props or costumes for the performance.

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Percussion Ensemble

Percussion Ensemble is for band students interested in performing more enhanced percussion pieces. Students will practice regularly after school and perform at concerts, contests, and other school events. Interested students should discuss joining with their Band instructor prior to signing up.

Ad-Hoc Clubs

During the school year, other interest clubs may start. For a club to start it must meet the following criteria:

- significant student interest – typically ten or more students
- an Mokena School District 159 faculty sponsor
- a funding source (if needed) for the activity
- Administrative approval.

All clubs must fall within the values and sensibilities of Mokena School District 159 and the Mokena Community.

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Fee Schedule

The board of education supports participation fees for our extracurricular programs. These fees go into our general funds to help offset the costs of running these activities. Fees are due once a student makes the team or joins the club. Paying fees does not ensure playing time, only participation in the activity.

Athletic/IESA Activities

Activity	Season	Fee
<input type="checkbox"/> Boy's Baseball	Summer/Fall	\$50
<input type="checkbox"/> Girls' Softball	Summer/Fall	\$50
<input type="checkbox"/> Boys' Volleyball	Summer/Fall	\$50
<input type="checkbox"/> Cross Country	Summer/Fall	\$50
<input type="checkbox"/> Girls' Basketball	Fall	\$50
<input type="checkbox"/> Scholastic Bowl	Winter/Spring	\$25
<input type="checkbox"/> Cheerleading	Fall/Winter	\$50
<input type="checkbox"/> Poms	Fall/Winter	\$50
<input type="checkbox"/> Boys' Basketball	Winter	\$50
<input type="checkbox"/> Girls' Volleyball	Winter	\$50
<input type="checkbox"/> Track	Spring	\$50

Clubs

<input type="checkbox"/> Chess Club	Winter	\$25
<input type="checkbox"/> Drama Team	Fall	\$25
<input type="checkbox"/> Debate Club	Winter	\$25
<input type="checkbox"/> Angler's Club	Fall/Spring	\$25
<input type="checkbox"/> Band	All Year	\$50
<input type="checkbox"/> Choir	All Year	\$50
<input type="checkbox"/> NJHS	All Year	No Fee
<input type="checkbox"/> Student Council	All Year	No Fee
<input type="checkbox"/> Chess	Winter	\$25
<input type="checkbox"/> Bowling	Winter	\$25 – (May be other charges for equipment)
<input type="checkbox"/> Intramurals	All Year	\$10 per activity
<input type="checkbox"/> Marching Band	Fall/Spring	\$25
<input type="checkbox"/> Musical	Spring	\$25
<input type="checkbox"/> Jazz Band	All Year	\$25*
<input type="checkbox"/> Percussion Ensemble	All Year	\$25*
<input type="checkbox"/> Ad-Hoc Clubs	TBD	\$25

* = program not currently offered through MJHS