

**Lakeview
Junior High**



**Extracurriculars
Handbook**

2026-2027

The following handbook contains information regarding extracurricular opportunities for students at Lakeview Junior High. Activities occur at various times throughout the year and may meet before, during, or after school. The guide is organized into three areas of focus:

- Athletics
- Academic Enrichment & Service Clubs
- Fine Arts Activities

At Lakeview, we encourage every Spartan to participate in at least one activity or athletic experience. Involvement in extracurriculars supports social-emotional growth and aligns with our mission to educate the whole child.

Interscholastic Sports

Lakeview Junior High competes interscholastically as a member of the Southeast DuPage Athletic Association Conference. Students participating in athletic activities must have a current athletic physical on file in the office prior to tryouts. Forms are available in the office, from P.E. instructors, and online.

Sport fees are as follows:

- Long Season Sports: \$65 per sport
- Short Season Sports: \$35 per sport
- Golf: \$50
- The annual student sport fee total will not exceed \$125 per student.

Academic Eligibility

We expect our student participants to put forth their best effort in the academic setting. Any participant who does not maintain good academic standing will not be able to take part in practices, meetings, performances, competitions, or events until they complete their homework and/or improve their grades. Students may not participate if:

- They are receiving one or more failing grades (F).
- They have five or more missing assignments.

Grades will be checked each Friday, and students and parents will receive communication by Sunday night at the latest if the student is ineligible for the following week. Participants may not take part in practices, meetings, or events until academic requirements are met. It is the responsibility of the student to inform us if these requirements are fulfilled before Friday. Students are welcome to attend but may not actively participate.

A detailed description of eligibility requirements is available in the [CCSD66 Student Handbook](#).

Behavior & Conduct:

- Participants represent Lakeview Junior High, their families, and themselves. While participating, each student must carry themselves with a positive attitude and show respect to their peers, coaches, directors, and advisors.
- A student must NEVER argue with or disrespect a judge, referee, coach, advisor, or event official. At no time should a student use profanity, taunt others, or act in a way that reflects poorly on their team, club, or school.
- If a student receives disciplinary action for unsportsmanlike behavior or misconduct during an event, they may be subject to consequences from their coach, advisor, or sponsor, including possible removal from the activity.

General Expectations:

- All students involved in extracurricular activities are expected to be positive members of the school community (i.e., classrooms, hallways, buses, cafeteria, etc.).
- Disrupting the classroom or creating an unsafe school environment will not be tolerated. Students who fail to follow the guidelines in the student handbook may be removed from their extracurricular activity.
- Out-of-school suspension will result in immediate removal from the activity. Lunch or after-school detentions will result in:
 - **First Offense** – 1-event suspension
 - **Second Offense** – 2-event suspension
 - **Third Offense** – Removal from the program

Attendance & Participation:

- A student who is absent from school for more than a 1/2 day is ineligible for any extracurricular activity that day unless the absence has been approved by the coach, advisor, or activity sponsor. Exceptions may be made for pre-arranged medical appointments, funeral services, or religious ceremonies/events. Unexcused absences from practice or meetings may result in missed participation opportunities.
- Students must ride the bus to events with their teams, clubs, or groups. They must return to school on the bus unless a parent/guardian signs them out before leaving the event location. Drivers must sign out all students traveling with them.

Communications

All communication regarding extracurricular activities and school updates is conducted through ParentSquare. We highly encourage families to download the app for timely updates and easy communication about changes and important information.

Thank you for your support of our programs.

Sincerely,
Dr. Kim Liles
Principal

ATHLETICS

FALL SPORTS

Boys Baseball

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** August
- **Season:** August – September
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive interscholastic baseball games against local conference schools.
- **Contact:** Mr. Bryant
- **Fee:** \$65 long season sport fee

Girls Softball

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** August 14–15 (3:30–5:00 PM)
- **Season:** August – Early October
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive softball program competing in SDEAA conference games and end-of-season tournament.
- **Contact:** Ms. Nyhlen
- **Fee:** \$65 long season sport fee

Cross Country

- **Grades:** 6–8 (Boys & Girls)
- **Criteria:** Current sports physical
- **Tryouts:** no tryouts, no cuts
- **Season:** Late August – Early October
- **Practice Time:** Monday–Friday, 3:35–5:00 PM (meets begin at 4:15 PM)
- **Description:** Distance running program focused on endurance and cardiovascular fitness. Students compete in SDEAA meets and IESA competitions.
- **Contact:** Ms. Wilson & Mrs. Eiland
- **Fee:** \$65 long season sport fee

Golf

- **Grades:** 6–8 (Boys & Girls)
- **Criteria:** Current sports physical
- **Tryouts:** Late August
- **Season:** August – September
- **Practice Time:** 3:30–6:00 PM (except meet days)
- **Description:** Competitive golf program participating in conference matches and tournament play.
- **Contact:** Mr. Ohlsen
- **Fee:** \$50

WINTER SPORTS

Girls Basketball (JV & Varsity)

- **Grades:** JV (6–7), Varsity (8)
- **Criteria:** Current sports physical
- **Tryouts:** Early October
- **Season:** October – Mid November
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive interscholastic basketball competing within the SDEAA conference and varsity tournament.
- **Contact:** Mrs. Lavorato
- **Fee:** \$65 long season sport fee

Boys Basketball (JV & Varsity)

- **Grades:** JV (6–7), Varsity (7–8)
- **Criteria:** Current sports physical
- **Tryouts:** Late November/Early December
- **Season:** December – End of January
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive interscholastic basketball program competing in conference play and varsity tournament.
- **Contact:** Mr. Dvorak
- **Fee:** \$65 long season sport fee

Cheerleading – JV Cheer

- **Grades:** 6–7
- **Criteria:** Current sports physical
- **Tryouts:** Early October
- **Season:** October – Mid November
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Cheerleaders support girls JV and Varsity home basketball games.
- **Contact:** Ms. Dudasik
- **Fee:** \$65 long season sport fee

Cheerleading – Varsity Cheer

- **Grades:** 8
- **Criteria:** Current sports physical; full-season commitment
- **Tryouts:** Late November/Early December
- **Season:** December – End of January
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Cheerleaders perform at boys JV and Varsity home games and may participate in competition events.
- **Contact:** Ms. Zygmuntowicz
- **Fee:** \$65 long season sport fee

SPRING SPORTS

Girls Soccer

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** Late March
- **Season:** March – May
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive interscholastic soccer competing in SDEAA conference play.
- **Contact:** Mrs. Casey
- **Fee:** \$65 long season sport fee

Boys Soccer

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** Late March
- **Season:** March – May
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive interscholastic soccer competing in conference games.
- **Contact:** Mr. Noonan
- **Fee:** \$65 long season sport fee

Track & Field

- **Grades:** 6–8
- **Criteria:** Current sports physical; no tryouts
- **Season:** Late April – Early May
- **Practice Time:** 3 days per week after school
- **Description:** Students participate in running, jumping, and throwing events including relays, hurdles, high jump, and shot put.
- **Contact:** Mr. Kettelkamp
- **Fee:** \$35 short season sport fee

Swimming

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** End of March/Beginning of April
- **Season:** April
- **Practice Time:** After school until approximately 5:00 PM (meets until ~6:30 PM)
- **Description:** Swim team practices at Downers Grove South and competes in a conference meet.
- **Contact:** Mrs. Conley
- **Fee:** \$35 short season sport fee

Girls Volleyball (JV & Varsity)

- **Grades:** 6–8
- **Criteria:** Current sports physical
- **Tryouts:** End of January/Early February
- **Season:** February – March
- **Practice Time:** Monday–Friday, 3:30–5:00 PM
- **Description:** Competitive volleyball program participating in SDEAA conference games and varsity tournament.
- **Contacts:** Ms. McGill & Mrs. Tupper
- **Fee:** \$65 long season sport fee

Boys Volleyball

- **Grades:** 6–8
 - **Criteria:** Current sports physical
 - **Tryouts:** Late March
 - **Season:** April – May
 - **Practice Time:** Monday–Friday, 3:30–5:00 PM
 - **Description:** Competitive interscholastic volleyball competing in conference matches.
 - **Contact:** Mr. Dvorak
 - **Fee:** \$65 long season sport fee
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INTRAMURALS

Boys Basketball Intramurals

- **Grades:** 6–8
- **Criteria:** Permission slip
- **Tryouts:** None
- **Season:** TBD
- **Practice Time:** Monday–Friday, 7:45–8:30 AM
- **Description:** Intersquad games and skill development in a non-competitive setting.
- **Contact:** Mr. Dvorak
- **Fee:** Minimal intramural participation fee (if applicable).

Morning Intramurals (Basketball & Hockey)

- **Grades:** 6–8
- **Criteria:** Permission slip
- **Tryouts:** None
- **Season:** TBD
- **Practice Time:** 7:30–8:10 AM (Days TBD)
- **Description:** Recreational team play in basketball and hockey before school.
- **Contact:** Mr. Dvorak
- **Fee:** Minimal intramural participation fee (if applicable).

ACADEMIC ENRICHMENT & SERVICE CLUBS

Leadership Team

- **Grades:** 7–8 (6th added throughout year)
- **Criteria:** Teacher recommendation; demonstrated leadership qualities
- **Tryouts:** Selection process (no formal tryout)
- **Season:** Full year (Begins late September/early October)
- **Meets:** Varies (morning, lunch, after school)
- **Description:** Student leaders assist with school events, mentor younger students, support 5th grade transitions, and participate in character-building activities.
- **Contact:** Mrs. Mesker
- **Fee:** one-time \$25 unlimited club/activity fee

Student Council

- **Grades:** 6–8
- **Criteria:** Commitment to weekly meetings; willingness to lead and speak publicly
- **Tryouts:** September
- **Season:** Year-round
- **Meets:** Wednesdays, 3:30–4:15 PM
- **Description:** Students plan dances, spirit days, open gym nights, and school-wide activities and fundraisers.
- **Contact:** Mrs. Burrows
- **Fee:** one-time \$25 unlimited club/activity fee

Scholastic Bowl

- **Grades:** 6–8
- **Criteria:** Interest in trivia and academics
- **Tryouts:** None
- **Season:** January – March
- **Meets:** Weekly after school, 3:30–4:30 PM
- **Description:** Competitive academic team answering questions across subject areas in conference matches and tournament play.
- **Contact:** Mrs. Diver
- **Fee:** one-time \$25 unlimited club/activity fee

Science Club

- **Grades:** 6–8
- **Criteria:** Application; motivation and interest in science
- **Tryouts:** Applications accepted in January
- **Season:** February – May
- **Meets:** Wednesdays, 3:30–5:00 PM
- **Description:** Hands-on science exploration and enrichment for self-motivated students.
- **Contact:** TBD
- **Fee:** one-time \$25 unlimited club/activity fee

Newspaper Club

- **Grades:** 6–8
- **Criteria:** Interest in writing; permission slip
- **Tryouts:** None
- **Season:** October – May
- **Meets:** 1st & 3rd Tuesdays, 3:30–4:15 PM
- **Description:** Students write, edit, and publish the Spartan Scroll school newspaper.
- **Contact:** Mrs. Newman
- **Fee:** one-time \$25 unlimited club/activity fee

Yearbook Club

- **Grades:** 6–8
- **Criteria:** Interest in photography and design; permission slip
- **Tryouts:** None
- **Season:** October – May
- **Meets:** 2nd & 4th Tuesdays, 3:30–4:15 PM
- **Description:** Students photograph school events and design yearbook pages and layout.
- **Contact:** Mrs. Newman, Mrs. Wilson & Ms. Zygmuntowicz
- **Fee:** one-time \$25 unlimited club/activity fee

Memory Makers

- **Grades:** 6–8
- **Criteria:** Application; interest in community service
- **Tryouts:** Application process
- **Season:** October – May
- **Meets:** Wednesdays, 3:30–4:15 PM (visit days until 4:45 PM)
- **Description:** Students visit and connect with senior residents, create crafts, and build communication skills through service.
- **Contact:** Mrs. Tamayo-Urgello
- **Fee:** one-time \$25 unlimited club/activity fee

Chess Club

- **Grades:** 6–8
- **Criteria:** Beginner to experienced players welcome
- **Tryouts:** None
- **Season:** October – January
- **Meets:** After school, 3:30–4:30 PM
- **Description:** Students play and compete in chess tournaments while developing strategy skills.
- **Contact:** Mrs. Lavorato
- **Fee:** one-time \$25 unlimited club/activity fee

Game Club

- **Grades:** 6–8
- **Criteria:** Interest in board and card games
- **Tryouts:** None
- **Season:** September – May
- **Meets:** Mondays, 3:30–4:45 PM
- **Description:** Social club where students gather to enjoy board and card games.
- **Contact:** Mrs. Kerfin & Mrs. Nawrot
- **Fee:** one-time \$25 unlimited club/activity fee

LRC Club

- **Grades:** 6–8
- **Criteria:** Interest in supporting LRC activities
- **Tryouts:** None
- **Season:** September – May
- **Meets:** Mondays, 3:30–4:45 PM
- **Description:** Students assist with library projects and support activities in the Learning Resource Center.
- **Contact:** Mrs. Collins
- **Fee:** one-time \$25 unlimited club/activity fee

Pride Club

- **Grades:** 6–8
- **Criteria:** Open to all students and allies; respectful participation
- **Tryouts:** None
- **Season:** September – May
- **Meets:** Wednesdays, 3:30–4:15 PM
- **Description:** A safe and welcoming space for LGBTQ+ students and allies to connect, share, and advocate.
- **Contact:** Mrs. Burrows
- **Fee:** one-time \$25 unlimited club/activity fee

FINE ARTS ACTIVITIES

Choir

- **Grades:** 6–8
- **Criteria:** Open enrollment
- **Tryouts:** None
- **Season:** September – May
- **Practice Time:** Tuesdays & Fridays, 7:30–8:10 AM
- **Description:** Performing ensemble developing vocal technique and performing at concerts and school events.
- **Contact:** Mrs. Rickert
- **Fee:** one-time \$25 unlimited club/activity fee

Jazz Band

- **Grades:** 7–8
- **Criteria:** Enrolled in band; director recommendation
- **Tryouts:** Director selection
- **Season:** September – May
- **Practice Time:** 3 mornings per week, 7:30–8:15 AM
- **Description:** Competitive jazz ensemble performing at concerts, festivals, and community events.
- **Contact:** Mr. Ohlsen
- **Fee:** one-time \$25 unlimited club/activity fee

Jazz Lab Band

- **Grades:** 6–8
- **Criteria:** Enrolled in band
- **Tryouts:** None
- **Season:** October – May
- **Practice Time:** One day per week, 3:30–4:30 PM
- **Description:** Entry-level jazz ensemble expanding access to jazz performance opportunities.
- **Contact:** Mr. Ohlsen & Mr. Tedeschi
- **Fee:** one-time \$25 unlimited club/activity fee

Musical

- **Grades:** 7–8 & Choir Members
- **Criteria:** Audition required
- **Tryouts:** Workshops & auditions in January
- **Season:** February – May
- **Practice Time:** Monday–Friday, 3:30–5:30 PM
- **Description:** Full-scale theatrical production including acting, singing, and choreography.
- **Contact:** Mrs. Rickert & Mr. Ohlsen
- **Fee:** one-time \$25 unlimited club/activity fee

Art Club

- **Grades:** 6–8
- **Criteria:** Interest in art; \$25 fee
- **Tryouts:** None
- **Season:** October – May
- **Practice Time:** Thursdays, 3:30–4:30 PM
- **Description:** Creative exploration of visual arts and artistic expression.
- **Contact:** Mrs. Newman
- **Fee:** one-time \$25 unlimited club/activity fee plus \$25 materials fee

Color Guard

- **Grades:** 7–8
- **Criteria:** Workshop attendance; audition; academic eligibility
- **Tryouts:** May or August (for following school year)
- **Season:** Fall (sometimes Spring)
- **Practice Time:** 7:30–8:15 AM and 8th period as needed
- **Description:** Performance group that works with the marching band performing choreographed flag routines.
- **Contact:** Mr. Tedeschi & Mr. Ohlsen
- **Fee:** one-time \$25 unlimited club/activity fee



Concussion Information

(Parent/Guardian - Please retain a copy for your records)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> ● Headaches ● “Pressure in head” ● Nausea or vomiting ● Neck pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Amnesia ● “Don’t feel right” ● Fatigue or low energy ● Sadness ● Nervousness or anxiety ● Irritability ● More emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays in coordination ● Answers questions slowly 	<ul style="list-style-type: none"> ● Slurred speech ● Shows behavior or personality changes ● Can’t recall events prior to hit ● Can’t recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/heads-up/index.html>



Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

Student:

Student Name (Print): _____

Grade: _____

Student Signature: _____

Date: _____

Parent or Legal Guardian:

Parent or Legal Guardian Name (Print): _____

Relationship to Student: _____

Signature: _____

Date: _____