



**MINOOKA COMMUNITY HIGH SCHOOL DISTRICT #111
CO CURRICULAR COMMITTEE MEETING
MONDAY, FEBRUARY 28, 2022, 5:00 PM**

The Co Curricular Committee Meeting will be held at the
Central Campus Room 263
301 South Wabena Avenue
Minooka, Illinois 60447

In order to make a public comment, please sign up 5 minutes prior to Roll Call. The public comment portion of the meeting will be in accordance with Policy 2:230. Please review said policy prior to the meeting

AGENDA

1. **Call to Order**
2. **Roll Call**
3. **Public Comments**
4. **Discussion**
 - A. Cocurricular (Spivey) - Overview Presentation by Athletic and Activity Directors
 1. FY22 Athletic Update 2
 2. FY22 Activity Update 12
 3. Upcoming Activities/Athletics
 4. Proposals: Coaches/Supervisors/Sponsors/New Club
 - a. Athletic Proposals 17
 - b. Activity Proposals 29
5. **Announcements and Communications**
6. **Adjourn**



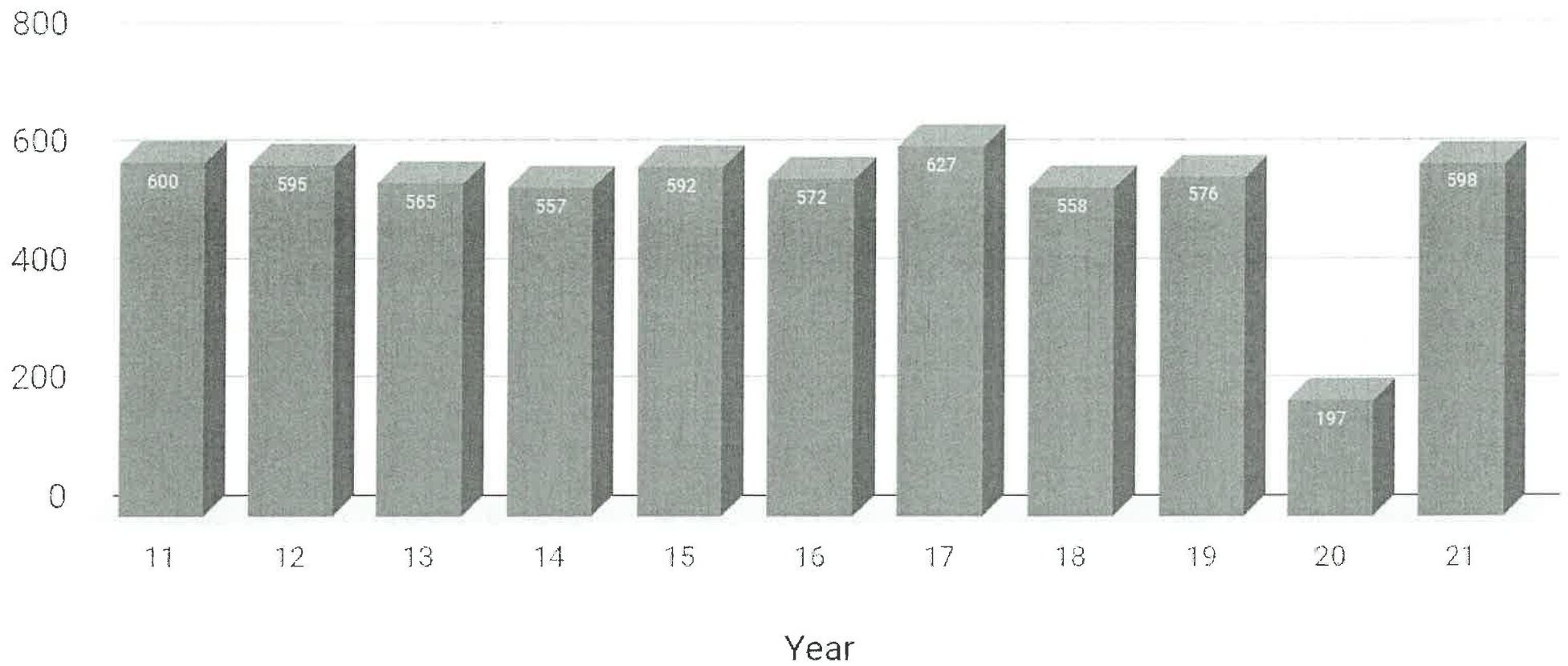
Athletic Overview

2021/22 School Year

Robert Tyrell, Athletic Director

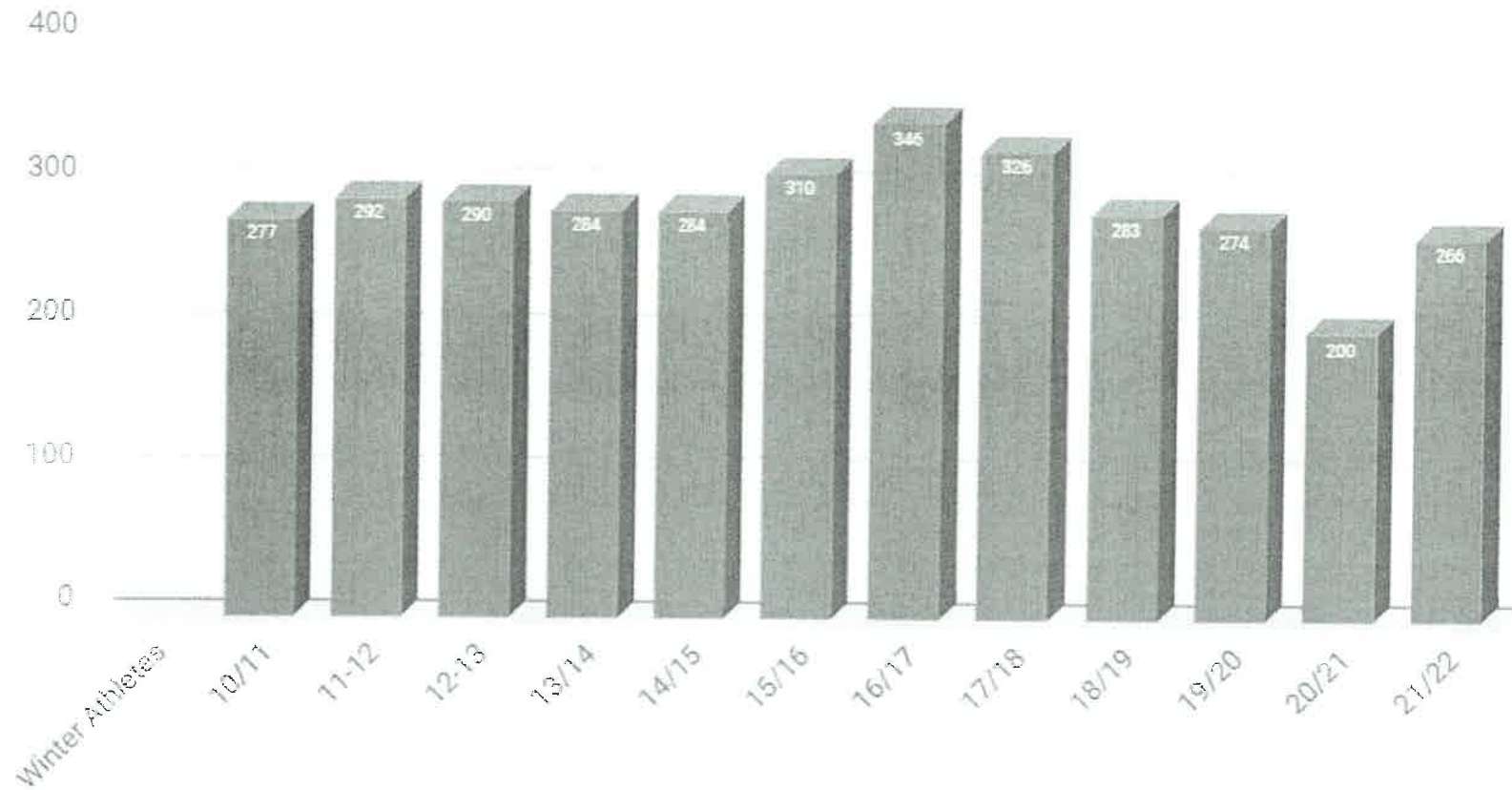
Athletic Participation

Fall Athletes



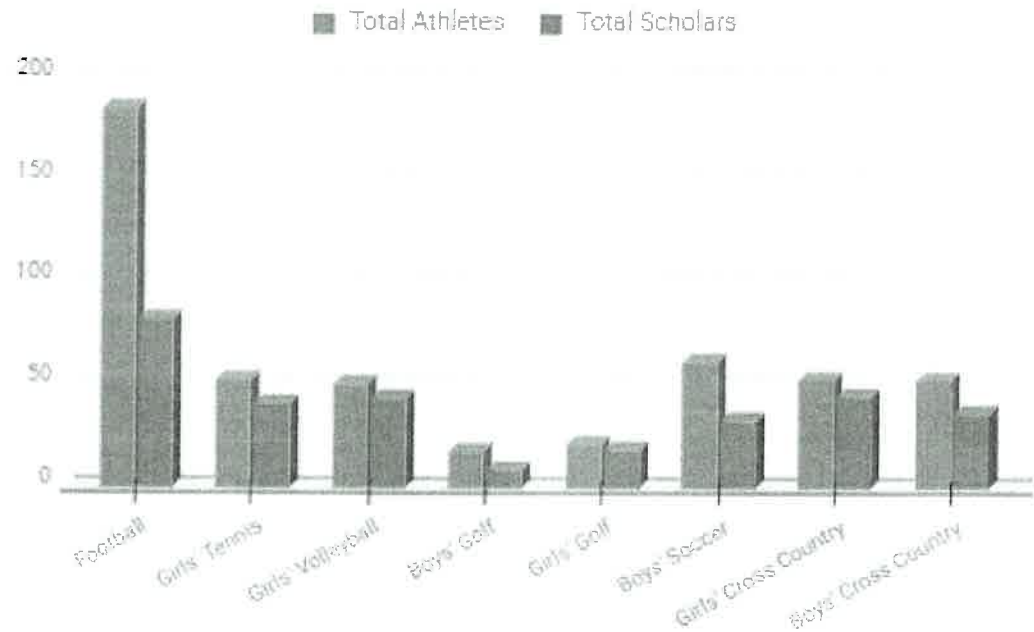
Athletic Participation

Winter Athletes



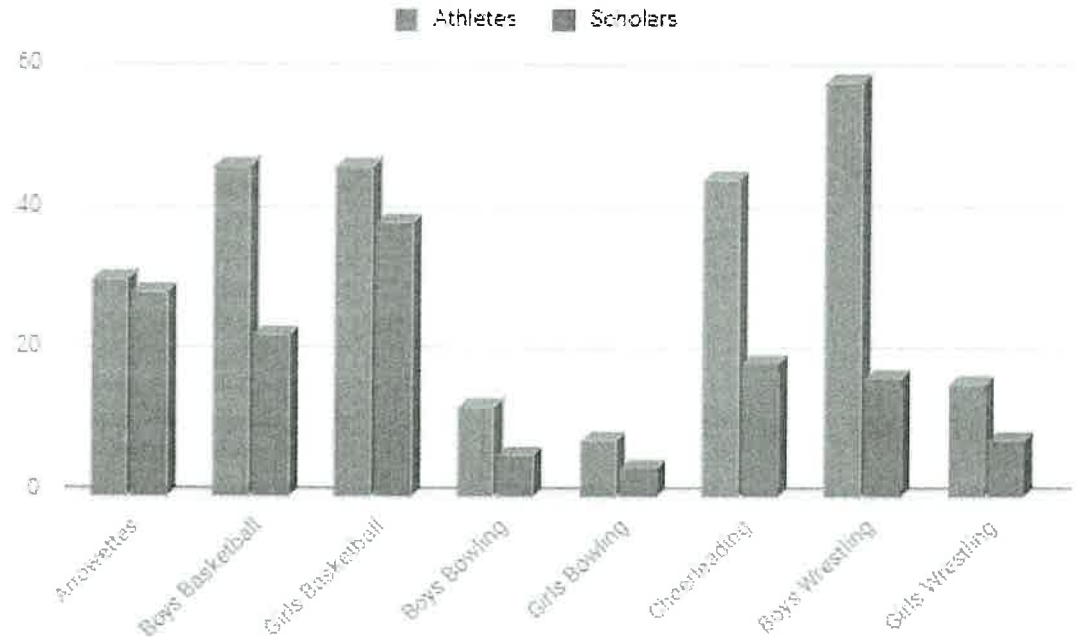
Fall Scholar Athletes

2021			
Sports	Athletes	Scholars	%
Football	186	82	44%
Girls' Tennis	53	41	77%
Girls' Volleyball	51	44	86%
Boys' Golf	18	9	50%
Girls' Golf	21	19	90%
Boys' Soccer	62	33	53%
Girls' Cross Country	53	45	85%
Boys' Cross Country	53	37	70%
Total	497	310	62%

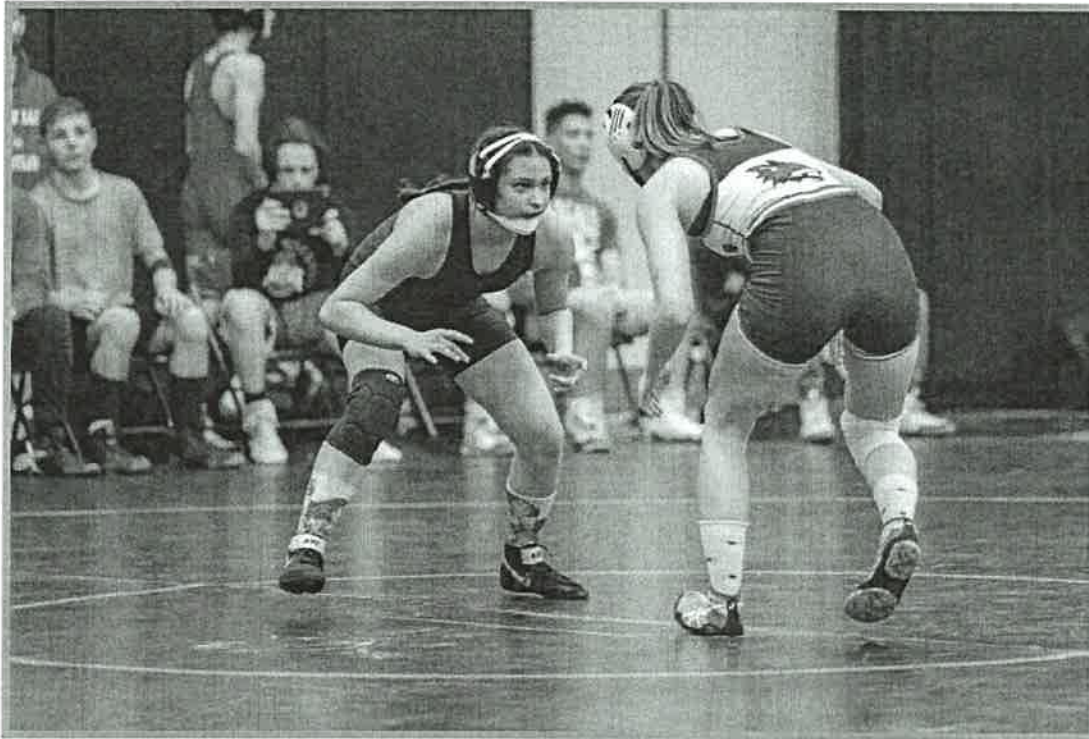


Winter Scholar Athletes

2022			
Sports	Athletes	Scholars	%
Arrowettes	31	29	94%
Boys Basketball	47	23	49%
Girls Basketball	47	39	83%
Boys Bowling	13	6	46%
Girls Bowling	8	4	50%
Cheerleading	45	19	42%
Boys Wrestling	59	17	29%
Girls Wrestling	16	8	50%
Total	266	145	55%



Girls Wrestling Inaugural Season



Head Coach Mike Kimberlin - Coaches Paige Schoolman & Joel Pejovich

16 Athletes
participated in the
2022 Inaugural Season

SPC All-Conference

- 9 - Sophia Rausa
- 11 - Jaiden Moody
- 11 - Sidney Ray
- 12 - Natalya Klukas

IHSA State Qualifiers

- 9 - Sophia Rausa
- 11 - Jaiden Moody
- 11 - Sidney Ray
- 12 - Natalya Klukas

1st Annual IHSA Girls Wrestling State Series
Friday-Saturday, February 25-26, 2022
Site: Grossinger Motors Arena, Bloomington

IHSA Sectional Participants

- | | |
|-------------------|-------------------|
| 9 Palmer Calvey | 10 Peyton Kuelczo |
| 9 Hannah Herman | 11 Blayse Messino |
| 9 Ericka Perakis | 11 Jaiden Moody |
| 9 Sophia Rausa | 11 Sidney Ray |
| 9 Kourtnei Rogers | 12 Natalya Klukas |
| 10 Brooklynn Doti | |

2021/22 Post-Season Accomplishments

IHSA State Individual Champion

Ethan Caruso - Boys Bowling

IHSA State Placing Individuals

- 4th Place Brandon Caruso - Boys Bowling

IHSA State Trophies

- State Champions - Boys Bowling

IHSA State Qualifying Teams

- 4th Place Girls Cross Country
- 13th Place Boys Cross Country
- 7th Place Competitive Dance - Arrowettes
- 8th Place Competitive Cheerleading
- Girls Bowling

IHSA State Qualifying Individuals

- Elijah Munoz - Boys Wrestling
- Dominic Schiavone - Boys Wrestling
- Brooklyn Doti - Girls Wrestling
- Jaiden Moody - Girls Wrestling

IHSA Sectional Champions

- Girls Cross Country
- Competitive Cheerleading
- Competitive Dance - Arrowettes

IHSA Regional Champions

- Boys Soccer
- Boys Cross Country
- Girls Cross Country
- Boys Bowling

SPC Champions

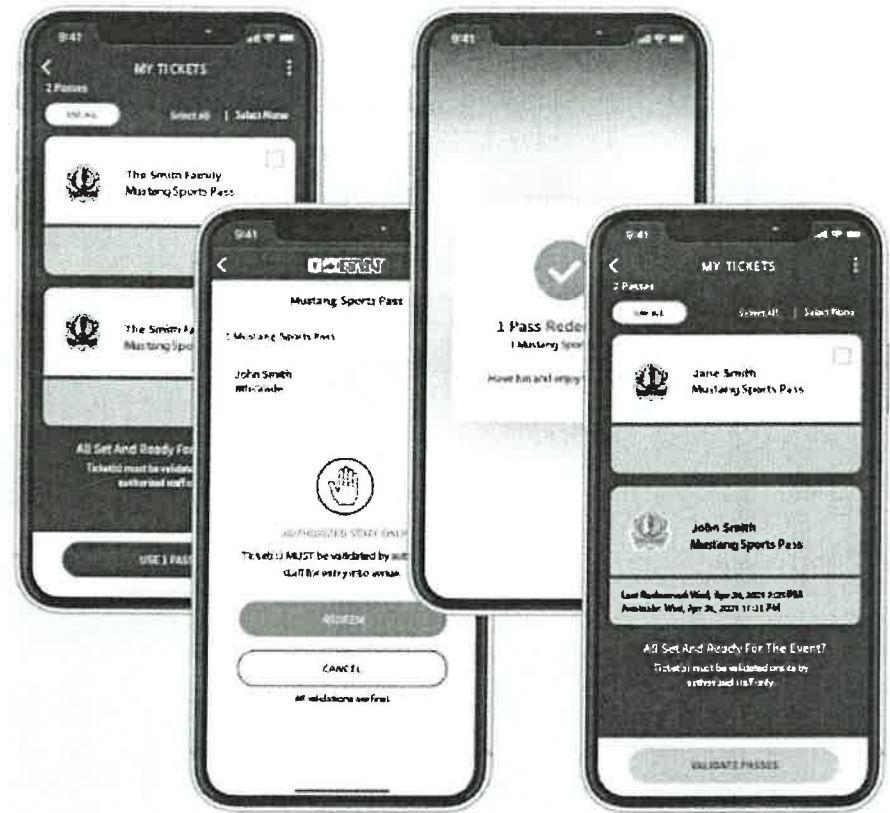
- Girls Cross Country
- Competitive Dance - Arrowettes
- Girls Bowling



GO FAN - ADMISSIONS

Implementation of GO FAN

179 Mobile Passes have been purchased for the 2021/22 Season generating \$7,160.00, allowing hands free admittance to our home athletic events.



Post-Season Hosting

Sports	Years
IHSA Girls Volleyball Regional Host	2009 2011
IHSA Girls Volleyball Sectional Host	2006
IHSA Football Playoff Host	2009 2010 2011 2019 2021
IHSA Boys Golf Regional Host	2011
IHSA Girls Golf Regional Host	2008 2010 2017 2020
IHSA Boys Soccer Regional Host	2006 2009 2010
IHSA Baseball Regional Host	2010 2012
IHSA Girls Track Sectional Host	2007 2011 2021

Sports	Years
IHSA Girls Soccer Regional Host	2007 2008 2009
IHSA Softball Regional Host	2009 2012 2014 2016 2017 2019
IHSA Boys Volleyball Regional Host	2010 2015 2019
IHSA Boys Volleyball Sectional Host	2018
IHSA Boys Bowling Sectional Host	2007 2012
IHSA Boys Bowling Regional Host	2014 2016 2017 2018 2019 2022
IHSA Girls Bowling Regional Host	2017 2018 2022

Sports	Years
IHSA Girls Bowling Sectional Host	2019
IHSA Girls Basketball Regional Host	2016 2022
IHSA Boys Basketball Regional Host	2007 2008 2016 2022
IHSA Wrestling Regional Host	2008 2011
IHSA Cross Country Regional Host	2006 2007 2008 2009 2011 2014 2015 2017 2019
IHSA Girls Lacrosse	2018
IHSA Boys Tennis Sectional	2021
IHSA Baseball Regional	2021
IHSA Baseball Sectional	2021





MINOOKA

COMMUNITY HIGH SCHOOL

MCHS ACTIVITIES
BOE REPORT
2/28/2022

What's Coming up in Activities...

February

- Red Out Game Feb. 1
- SPC Scholastic Bowl Feb. 5
- IHSA Speech Regional Feb. 5
- Band Concert Feb. 10
- IHSA State Chess Feb. 11-12
- Parade of Champions Feb. 11
- Night of Entertainment Feb. 12
- IHSA Speech Sectional Feb. 12
- SPC Band Festival Feb. 15
- SPC Choir Festival Feb. 22
- JJC Black Teen Summit Feb. 25
- SPC Journalism Feb. 26
- Choir Craft Fair Feb. 26
- Battle of the Classes starts Feb. 28

March

- Battle of the Classes March 1-3
- Winter Formal March 4
- SPC Art Festival March 5
- Solo & Ensemble March 5
- IHSA Scholastic Bowl Regional 7
- SPC Leadership Conference March 15
- Musical "Mamma Mia"
 - March 16-19
- Winterguard Home March 19th
- Choir Trip to St. Louis/
Springfield/Chicago
 - March 24-27

April/May

- Orchesis Dance Show April 8
- WGI Winterguard April 7-9
- SPC E-Sports April 9
- WGI Dayton April 20-23
- SPC Bass Fishing April 28
- IHSA State Journalism April 22
- IHSA ESports Sectional April 23
- Children's Theatre Performance April 26-27
- Sectional Bass Fishing April 28
- Honors Band/Choir Concert May 1
- Band Concert May 3
- Choir Concert May 5
- Prom Friday April 29
- Senior Sunset May 13
- Graduation May 15

BATTLE OF THE CLASSES

SPIRIT DRESS UP DAYS

Feb. 28 Pajama Day

Mar. 1 TEAMS (WEAR YOUR FAVORITE SPORTS TEAM OR ACTIVITIES TEAM SHIRT)

**Mar. 2 Wear all one color
Example: Groutfit**

Mar. 3 COLLEGE OR CAREER SHIRT DAY

Get counted towards your classes participation in BATTLE OF THE CLASSES during 2nd period each day. Join our Events each night at 7pm. For more information visit the [Activities Google Classroom](#). Code: yjemkde

THE CLASSES

Feb. 28 - March 3 Join us every night at South Campus at 7:00 pm for some friendly competitions and to earn some prizes!

Feb. 28 Movie Night
come watch Madagascar!

Mar. 1 Nailed It!
Create the best cookie design

Mar. 2 Jeopardy. Show off your mad trivia skills - play in groups with your classmates.

Mar. 3 Dodgeball. Dodge, Duck, Dip, Dive, Dodge. What class will reign supreme

Events sponsored by each class each night. Any student can participate each night and receive points towards their class. At the end, we will see which class gets bragging rights!

Notable Accomplishments

ILMEA All State: Elyse Pettigrew, Ryan Isdonas, Daniel DePhillips, Noelle Klima, Peyton Kuelzo

Scholastic Bowl went undefeated in regular season and at the Conference Tournament.

Chess Team won Conference, Attended IHSA State Chess

5 Speech Team individuals qualified for Sectionals

Joe Tischer was named Bass Fishing Coach of the Year

Renamed Newspaper to Nook News

Hosted SPC Band Festival

Homecoming dance went outdoors.

Charitable Contributions:

- NHS collected for Pink Heels, Lambs Fold Charity, Relay4Life
- SNHS raised funds for the Pulsera Project
- Interact made dog toys for local animal shelter, collected food and non-perishable items for Blessing Boxes, wrapped and sent Samaritan's Purse gift boxes with Allies in Diversity Club and NHS. Ronald McDonald Pop Tap Collection @ 250 lbs in Dec., Needy Families donations for Thanksgiving.
- Feed My Starving Children: Interact, International Club
- Junior Class collected money for the American Heart Association
- ASL collected money for Needing Hearing Impaired Families
- Pre-Med collected Hats, Scarves, Gloves Blankets for the Presence Cancer Care Center

2021 Homecoming Dance

1,912 students attended Hoco Dance

#/% of each grade that attended

Freshmen = 477/62%

Sophomores = 509/69%

Juniors = 408/62%

Seniors = 446/64%

Total MCHS = 1,840/64%

Outside Guests (Seniors Only) = 72

1,195 MCHS student fans attended Homecoming Football Game

TO: Dr. Lee, Dr. Zwemke
FROM: Robert Tyrell
DATE: February 14, 2022
SUBJECT: PROPOSAL TO ADD GIRLS WRESTLING

1. CURRENT STAFFING (2021-22)

GIRLS WRESTLING STIPENDS NONE

In 2021-22 the boys wrestling coaches absorbed the responsibilities of organizing, scheduling, and coaching the girls wrestling team.

Total Positions = 0

Current Grouping/Rate Of Pay - Boys Wrestling is Group 1

2. PROPOSED CHANGE

Add Girls wrestling as a school sponsored sport

1. Add the position of Girls Head Wrestling Coach

Proposed Grouping (Group 1)

2. Add the position of Girls Assistant Wrestling Coach

Proposed Grouping (Group 1)

3. Provide the Girls Wrestling Program with a Equipment and Supply budget.

4. Provide the Girls Wrestling Program with a schedule separate from the Boys wrestling program.

Rationale

The Minooka wrestling program is requesting that the Minooka Athletic Department, Administration and Board of Education recognize Girls Wrestling as an official sport at Minooka Community High School.

For the past 5 years the sport of female wrestling has gained momentum in the state of Illinois and across the nation. The Illinois Wrestling Coaches and Officials association has sponsored a Female wrestling state tournament for the past 5 years. Prior to the 2021-2022 school year the IHSA recognized Female wrestling as an official IHSA sport. In February of 2022, the IHSA hosted the first ever IHSA female wrestling state series.

In the Fall of 2021, the Minooka High School wrestling staff made conscious efforts prior to the 2021-2022 season to promote female wrestling within the Minooka community. These efforts and vision manifested to a full team of 16 girls.

During this past season, the wrestling staff ran into challenges while trying to manage and coach a boys program and a girls program at the same time. Some of these challenges included budgetary issues, scheduling conflicts, and not enough coaches to cover all the potential events/duties.

Budgetary issues.

Without a Female budget, the boys program donated 10 year old warmups and dug into the boys budget to purchase stock female singlets that would fit the girls better than the boys singlets. In the future the girls will require singlets designed for girls as well as team warm ups that are designed to fit women. Since we will be starting from scratch the initial purchase of equipment will require funds. In order to match what the boys program has we will need to purchase the following equipment:

- Singlets with School Logo
- Warm up tops
- Warm up bottoms
- Travel Bags

Competition/Scheduling

During this past season the girls team could have competed in girls only events almost every weekend in December and January. Additionally there are multiple schools within the suburbs that have full teams of girls that our girls team could have competed against in a dual meet format. However, without a dedicated girls wrestling coach, it impossible to attend most of these events. The responsibilities involved in supervising and coaching the boys conflicted with most of these girls dates. We were only able to attend events that coincided with a boys event at the same location.

In order for the girls to be able to compete in the future we need to create a seperate schedule that allows them to seek out competition outside of our traditional boys schedule. This will require dedicated coaches to supervise and coach these girls at these events.

Practice/Competition

Part of the reason the girls team kept its numbers this season is because we focused on having them compete and practice with only girls. Doing so required that 1 and sometimes 2 of the boys stipend coaches spend time away from the boys program to focus on coaching the girls. The 2 programs are really in 2 different levels. Being all beginners, the girls program requires a different pace, intensity, and teaching structure.

Creating a stipend positions focused on the just the Girls will provide them the coaching attention they deserve as well as provide the boys program the coaching attention it deserves.

The Groundwork

In our first year promoting Female Wrestling at Minooka High School we were able to field a team that covered 13 of the 14 weight classes. With 16 of the 17 rostered girls returning next season we anticipate an exponential increase next season.

Minooka Girls Wrestling Numbers throughout the years

2021-22 - 17 *

2020-21 - 1

2019-20 - 3

2018-19 - 0

* 2021/22 season was the first year the coaching staff actively recruited female wrestlers.

The 2022 roster consisted of

8 Freshman | 6 Sophomores | 2 Juniors | 1 Senior

The Plan

The Minooka Wrestling Staff has been approached many times over the past few years asking when the school will recognize Girls Wrestling as an official sport. These demands prompted our efforts this fall and winter to build a girls program on our own.

Similar to how the boys program has been built, we plan to build depth in numbers by providing a "no-cut" sport that treats athletes with positivity while providing opportunities to compete during a winter season that lacks a lot of options for girls athletics. Currently, the area has multiple female wrestlers competing for their school and local clubs. We anticipate these girls to add to the growth of the Minooka high school program in the future.

There is a positive buzz around the Girls Team right now. The current members of the team are already discussing how to recruit more girls for the team next year and anticipate doubling our numbers in the 2022-23 season to at least 30 wrestlers.

The Season

Girls wrestling season starts at the same time as the boys wrestling season (First week in November). We propose building a schedule that will allow the Girls to compete in Dual Meet format as well as Tournament format events.

According to the IHSA, Girls can compete in these events starting the week of Thanksgiving and end the first week in February. The post season begins with an Individual Sectional Tournament the 2nd weekend in February. This date coincides with the same weekend as the Boys Sectional. The Girls season culminates during the

last weekend in February at the IHSA Girls State Tournament. This event coincides with the Boys Team State tournament.

When scheduled and approached correctly, the Girls Wrestling season will encompass the same time frame and will require all of the same organization, coaching and supervision time as the boys season.

The Proposals

1. We are proposing that Minooka High School create the positions of **Head Girls Wrestling coach** and **Assistant Girls Wrestling coach**. The goal of these 2 positions would be to provide the girls with coaches that can focus all of their coaching energy on making the girls program one of the elite programs in the state.
2. We propose that we build a **Girls only schedule** to provide our girls with the amount of competition they need to grow in the sport. We want to provide competitive opportunities for all levels of wrestlers so all participants can share in the positive experiences from this sport.
3. We propose creating a **girls wrestling budget** to fill the needs within the female program.

Financial Information

Current District Cost - Girls Wrestling Coaching Positions

Girls Wrestling	Head Coach	\$ 0
	Assistant	\$ 0

Additional Costs to the District

Girls Wrestling	Head Coach	\$ 6,245 (Group 1)
	Assistant	<u>\$ 4,746</u>
	Total	\$10,991

Equipment Startup Costs

Singlets	\$75 per	30 Singlets	\$ 2,250
Warm up Tops	\$75 per	30 Tops	\$ 2,250
Warm Up bottoms	\$60 per	30 Bottoms	\$ 1,800
Gear Bag	\$40 per	30 Bags	\$ <u>1,200</u>
		Total	\$ 7,400

2021-2022 Inaugural Season Recap

During the 2021-22 wrestling season the staff had a goal to simply keep the interest in the sport up among the female participants. We started the season with 15 girls and ended the season with 17 girls. Their thirst for an opportunity to compete continued to grow over the season. Individually they started out scattered successes in the Win/Loss column but the girls continued to show up to work week after week.

In the final week of the 2021-2022 season Minooka wrestling entered 11 girls in the inaugural Individual Girls Sectional tournament. Over the 2 day sectional the girls managed to advance 2 girls to the semi-finals and 7 girls to the semi-final wrestleback (1 win from state). Minooka Wrestling qualified 3 individuals for the First ever IHSA Female State Wrestling Tournament. These 11 girls that didn't know what wrestling was in November managed to place 2nd place as a team in the Naperville Central Girls Sectional in February.

IHSA Girls Sectional @ Naperville (Central)					
Home Hub Brackets Results Information Weights Wrestlers Teams					
	Team	Season Team	Abbr	Count	Points
1	Joliet (Central), IL	Joliet (Central), IL (GET)	JOLIETC	9	103.5
2	Minooka, IL	Minooka, IL (GET)	MINOOKA	11	81.0
3	Aurora (West Aurora), IL	Aurora (West Aurora), IL (GET)	WAURORA	3	68.0
4	Lockport (Twp.), IL	Lockport (Twp.), IL (GET)	LOCKPORT	9	66.0
5	Rockton (Honeogah), IL	Rockton (Honeogah), IL (GET)	HONONEGA	4	55.0
6	Batavia, IL	Batavia, IL (GET)	BATAVIA	6	64.0
6	Glen Ellyn (Glenbard West), IL	Glen Ellyn (Glenbard West), IL (GET)	GLENBRDW	10	64.0
8	Joliet (West), IL	Joliet (West), IL (GET)	JOLIETW	4	59.0
9	Elgin (Larkin), IL	Elgin (Larkin), IL (GET)	LARKIN	4	54.0
10	Yorkville (H.S.), IL	Yorkville (H.S.), IL (GET)	YORKVILLE	2	53.0
11	West Chicago (H.S.), IL	West Chicago (H.S.), IL (GET)	WCHICAGO	7	51.0
12	Plainfield (South), IL	Plainfield (South), IL (GET)	PLAINFDS	4	48.5
13	Downers Grove (South), IL	Downers Grove (South), IL (GET)	DOWNERGS	5	42.0

It is truly amazing what these girls accomplished in 3 month span on a non-existent budget, with no paid coaches, hand-me-down uniforms, and no girls wrestling schedule. Dedicating a staff, budget, and schedule to these girls will only compound the successes we saw this season.

2022 Sectional Tournament Entries

In the 2022 Sectional Tournament Minooka Entered 11 girls. That number put us as the 4th highest number of girls entered into the State Series. This is a testament to how much these girls wanted this program to be successful and is a great barometer into where they stand in the future.

SCHOOL	# of ENTRIES
Oak Forest, IL	13
Oak Park (O.P.-River Forest), IL	13
Schaumburg (H.S.), IL	12
Minooka, IL	11
Aurora (East), IL	10
Berwyn-Cicero (Morton), IL	10
Chicago (Rickover Naval Academy), IL	10
Evanston (Twp.), IL	10
Flossmoor (Homewood-F.), IL	10
Glen Ellyn (Glenbard West), IL	10
Joliet (Central), IL	10
Tinley Park (Andrew) [Coop], IL	10
Addison (A. Trail), IL	9
Edwardsville (H.S.), IL	9
Lockport (Twp.), IL	9
Peoria (Richwoods), IL	9
Hoffman Estates (H.S.), IL	8

The Future of Women's Wrestling in Illinois

The addition a State Series has created a buzz throughout the Illinois wrestling scene. Personally our coaching staff was being asked at almost every event about our Girls team. How did we get so many girls? How do you organize it? What do you suggest for us to get a program going?

Almost every program seemed determined to start to grow Women's wrestling within their program in the near future. As the numbers grow within our conference and area we will see more and more opportunities for these girls to compete. I anticipate Girls wrestling in 5 years to be a norm at most 3a schools. Minooka Wrestling is determined to be a leader in this movement and continue to build on the momentum we have created this winter.

Testimonials

The benefits these girls received throughout the past season can be summed up with their own words:

Dear Minooka Athletic Department and Board of Education,

My name is Jaiden Moody, and I am a junior at Minooka High School. This year, I joined the Girls Wrestling Team and want to stay on for the duration of my senior year and potentially into college. For the 2022–2023 winter season, I want the board to consider forming an official school-sanctioned girls' wrestling team that includes its own budget for gear and equipment, our own coaching staff, and a schedule specifically for the girls. Since Minooka announced they were introducing a girls wrestling for the 2021–2022 school year, 15 girls have stepped out to participate. Some other females are also interested. Our coaches didn't expect many females to come out for wrestling, but with the enthusiasm on our team, there's a chance that numbers may double next school year.

Having a female team allows girls to wrestle other girls rather than compete against boys. This is significant both in terms of the values of fair play and in terms of safety. Creating a female team will allow the girls to compete in events that are just for girls without affecting the boys' team's competition points. Without a girls' team, the girls would have to compete in events with the guys. Furthermore, evidence from throughout the country supports the premise that giving girls the opportunity to wrestle other girls expands the sport and increases the number of females who wrestle. I believe this program has so much potential to grow and thrive throughout the years of Minooka.

Every wrestler on the Minooka Wrestling Team, regardless of gender, has a separate definition of what this team means to them. Stabilization is my definition of the Minooka Wrestling Team. Before I started wrestling, I had a lot of poor habits that made me feel at loss of what to do with myself. Wrestling has helped me shape myself as a person over the last three months. It has been a mental and physical challenge. I've developed self-discipline as a result of combining a social life with my studies. I've learned how to look after my body and provide it with the nutrients it needs. I have developed healthier eating habits and a drive to workout to become the best version of myself. When I first started, I didn't have high hopes, but I discovered a new interest in a sport I had never tried before. I have become headstrong and more content with myself as a person and with where I stand in my life. Wrestling transforms you as a person because it teaches you how to prioritize your time and how to live your life in a healthier way. It has altered me in ways I can't express and for which I will be eternally thankful.

I'll always be grateful for the personal advantages, as well as the societal advantages. Wrestling has helped me form a number of new connections, many of which have grown and evolved over the last several months. I intend to keep these friendships going into next season and into college. The girls' team this year has run into many obstacles between each other and how we all feel about certain things that happen on the mat. When I went to the first meeting, I was worried that I wouldn't know anyone. I was nervous when I first saw the girls' team. But, as a group, we agreed to set aside time for team bonding and to spend time together in order to become closer. Despite our differences, we have all come together and we believe we deserve to have our own team. A girls wrestling team that has its own budget for gear that fits the girls, their own coaching staff, and a schedule of events specifically for the girls.

Thank you for taking the time to read this email,
Jaiden Moody

Dear Minooka Athletic Department and Board of Education,

My daughter, Brooklynn Doti, is a sophomore at Minooka High School. Brooklynn has always been a great student, but never really showed any interest in sports. I tried to get her involved in different sports, but there was just no interest. You can imagine my surprise when she called me at work to let me know she signed up for wrestling. We were both excited!

I would absolutely love if girls wrestling would become its own sport at MCHS! My daughter has already gained so much since this season started. High school years can be some of the hardest. I am so grateful she has the opportunity to participate in this sport! I believe this could open the door for many other girls to gain what my daughter has. She is more confident and more outgoing. She has made some awesome friendships. She shows how much this means to her through her hard work and dedication. Her coaches have taught her discipline and teamwork, and that her hard work and practice pays off.

I truly can not explain what this has done for my daughter. I have seen such a positive change in her since she has started wrestling. She has expressed to me this has helped her mental health tremendously. That alone is so important these days!

"You can't build a reputation on what you could have done" -Unknown

Sincerely,
One Proud Mom
Krystal Doti

Dear Minooka Athletic Department and Board of Education.

I am writing this letter to help start the girls wrestling program. As a wrestler who is a girl I think it would be awesome to have a girls wrestling program. My experience as a wrestler I have noticed it is not as easy for the girls to work with the boys. The reason being boys are capable of things we can't do and vice versa. I feel that if we had our own sport/program we would flourish way more as girl wrestlers.

I want you thank you for taking your time to read this email and please take it into consideration.

Kourtni Rogers

To Whom it may concern,

My name is Blayse Messino, and I am a junior at Minooka community high school, and have been a part of the Minooka wrestling program for three completed years. All three of my years on this team and in this program have been very different. In the beginning, being one of the only female wrestlers, I was pushed aside and felt as though I was forgotten about, as if not knowing what to do with me. That of which is totally understandable for the fact that I was entering an area that wasn't seen as a place I should be.

My experiences being on the team this year, with a more developed girls program has totally changed everything for me. I feel more welcome to the sport that I have now done for four years. I have learned more in the past winter season with Coach Schoolman working directly with us than I ever have. The Girls of the Minooka Wrestling team have really made it their own and showed consistent effort and dedication throughout the whole season toward the team. Once Minooka started introducing us as having our own separate girls team we got 15 girls to join, whereas when just calling it wrestling, it was very minimal.

The women's team has run into a couple road blocks throughout our journey. One of those issues is having correct uniforms that fit me has never been something I was able to experience, until this year. Being the only girl I had to wear mens singlets that were far too revealing for me to wear by themselves, so for this reason I had to wear extra clothes with it. With having an extra addition of girls to the team Coach Schoolman was able to provide us plain black women's singlets. Although happy that we were finally able to have singlets that fit us, we still were not seen as a team at other competitions due to the anonymity of not having a Minooka singlet. The same problem also goes along with warm ups, where this year we had to wear warm ups that were purchased before Schoolman even entered the coaching staff for the wrestling program.

Continuing on, scheduling is very sporadic to where some of us did not wrestle somebody for weeks at a time. This scheduling caused much stress for a lot of the team, because we knew that the boys had a dual meet that day, though we were just told to be ready to wrestle anytime. This does not specifically work in this sport due to the fact of having to be on weight. When you only wrestle once every few weeks it is hard to get to the full potential that the team can be at. Whereas there are other schools close to us, such as Batavia, which is not in our conference, that does have a girls team. With our own schedule we would be able to have more opportunities to be able to grow.

In the beginning of my wrestling career, I was almost mentally driven to the point of quitting, but I was not going to let that happen. To now be apart of a girls wrestling team I have individually grown much as a person. I have taken a leadership role, although not given to me, I feel I need to help all these other girls that will be here after I am gone. This team has caused me to develop a stronger sense of responsibility, self worth, and pride. The team has become a family to each other, something I wasn't a part of, or able to experience beforehand.

In conclusion, by adding a Women's Wrestling team to our school, we would entice more girls to be confident enough to join, and grow themselves.

Blayse Messino
MCHS Class of '23

TO: Dr. Lee, Dr. Zwemke
FROM: Robert Tyrell/Matt Williams
RE: Adding a Seasonal (fall, winter, spring) Athletic Performance Strength and Conditioning Coaching position.
DATE: 3/8/2022 (updated)

- 1. Current Staffing (2021-22)**
This would be a new position.
- 2. Proposed Change-we would like to add a seasonal Athletic Performance Strength and Conditioning Coach (fall, winter, and spring).**

Rationale/Benefits

We are seeking to add a seasonal (Fall/Winter/Spring/Summer) Athletic Performance Strength & Conditioning Coaching stipend. Currently and historically, we have not had a coach that has been in charge of our athletic performance strength & conditioning for all of our student athletes. Also in the past no other sports besides football have used the weight room consistently before or after school. With our new facility update, there are expanded opportunities for athletes to train. After surveying our athletic head coaches, 100% of them want to reap the benefits of our new weight room. We want to give ALL of our athletes the opportunity to train in our AMAZING new weight room!

To give this opportunity to our student athletes, it would definitely create more work with programming & coaching over 1,200 athletes. The greatest benefit our athletes would receive is the coaching in the weight room by a qualified individual, it is not a supervisory role. All training sessions would be programmed. We would take a unified approach doing what is best for ALL ATHLETES and SPORT PROGRAMS. This means that some things are specified for certain sports, but more importantly specified for individual athletes' needs. This program would include all sports and all genders giving all equal access. It's not a "football" weight room which has been the stigma that our weight room has gotten. This stigma is something we have to get away from so all of our athletes reap the benefits of our AMAZING new facility.

Adding a Performance strength and conditioning coach can help us address the following concerns:

- After surveying our athletic head coaches, under half of the programs utilize our facilities for performance training. That means over 600 MCHS athletes are going to outside “personal trainers” or other fitness facilities where they are not always doing what is best for them as an individual athlete. Some coaches expressed that performance training is not their expertise and feel intimidated with properly instructing their athletes in that field. Implementing a performance strength and conditioning coach and program will help our head coaches and athletes get the proper training that they need. When a coach doesn’t feel comfortable training athletes it can lead to safety issues for our athletes. 100% of our coaches agree that a Performance strength and conditioning coach would benefit their athletes and program.
- According to the research, when programmed and coached correctly, a performance strength and conditioning program can reduce injuries for our athletes. Between all of our sports programs, we have had an estimated 50 major injuries that our athletes have suffered over the past 2 years. We all know an injured athlete is not good for the athlete, their family, and our athletic programs. Reducing the injuries through a strength and conditioning program can save money for our families when you think about the cost of medical bills. The average cost of an ACL surgery ranges from \$20,000-\$50,000. When an athlete can’t compete because of an injury it can negatively affect their chance of receiving scholarship money for their post-secondary education. Lastly, when an athlete is injured they don’t get to create the memories/experiences with peers on the field like they have dreamed of their whole life which can take a toll on their mental health!
- Other area high schools are moving towards hiring a performance strength and conditioning coach. This really helps provide ALL sports and ALL genders equitable opportunities to train with a qualified coach and program. Below I have listed a few schools in the area that have a strength and conditioning coach. This is going to continue to be a trend across high schools in the state of Illinois. It is a great opportunity for Minooka to get a head of the trend that is sweeping through the high school sports world.

-Bradley Bourbonnais HS has had a strength and conditioning coach since the 80’s. They currently have a \$7,000 seasonal stipend for their performance coach. They also have 2 assistant performance coaches that get \$4600 stipends.

-Seneca HS currently has a strength and conditioning coach stipend (much smaller school).

-Naperville North HS has a strength and conditioning coaching stipend.

-York HS has a strength and conditioning coaching stipend.

-Yorkville HS has a strength and conditioning coaching stipend (conference school).

-Homewood Flossmoor HS has a strength and conditioning coaching stipend.

-McHenry HS has a strength and conditioning coaching stipend.

-Dixon HS has a strength and conditioning coaching stipend.

-Lockport HS has a strength and conditioning coaching stipend.

-Niles HS (multiple high Schools) has a strength and conditioning coaching stipend.

If you have further questions or need more concrete research-based information, I would be happy to provide that to you. I know that our athletic coaches and athletes can drastically benefit from having a Performance Strength and Conditioning coach that provides everyone with a unified program! Our Performance coach would be focused on the whole athlete as an individual.

We all know that the physical aspect of an athlete is important but the more important aspect is the mental well-being of our athletes. Our Performance coach would provide the athlete with both!

Financial Information

Adding an Athletic Performance Strength and Conditioning position

Fall-Group 3 (\$4,351)

Winter-Group 3 (\$4,351)

Spring-Group 3 (\$4,351)

Total Yearly Cost to the District=\$13,053

Name of Club	# of Sponsors	Current Level	Pay	Proposed Level	Proposed Pay	Stipend Start Year	Rationale
E-Sports Head Sponsor	1	0	720	3	4351	2021-2022	see complete sheet
ESports Asst. Sponsor	1	0	0	4	2600	2022-2023	E-Sports Stipend Proposal
ASL Club/ASL Honors	2	0	720	6 x 2 sponsors	3396	2022-2023	ASL Rationale
Allies in Diversity	1	0	720	6	1698	2022-2023	Allies in Diversity Proposal
Disc Golf	2	0	720	6 x 2 sponsors	3396	2022-2023	Disc Golf Rationale
Photography	1	0	720	6	1698	2022-2023	Photography Club Rationale
Game Club	1	0	720	6	1698	2022-2023	Game Club Rationale
Judo	1	0	720	5	2096	2022-2023	Judo Rationale
Mock Trial	1	0	720	5	2096	2022-2023	Mock Trial Rationale
			5760		23029		
					-5760		
					17269		

CURRENT STAFFING (2020-21) for E-Sports.

E-Sports Sponsor 3 hours per month \$24 per hour = \$720

Total Positions = 1 position

Current Grouping/Rate of Pay-(None) \$720 only gets 3 hours per month.

Proposed Change- add stipend for E-Sports.

E-Sports Head Coach Level 3 \$4351

Assistant Coach Level 4 \$2600

Total Positions = 2

Proposed Grouping - Group _3 and 4__ stipends

Rationale:

E-Sports may be a new concept to many people, but it will not be for much longer! E-Sports, which stands for Electronic Sports, has revolutionized the way we think about video gaming and athletes. What once was a student-run club at Minooka Community High School is now an 80+ student program that competes on a state level against hundreds of high schools across Illinois. Students choose to master their skills and compete in multiple games. Similar to cheerleading, each season has different opportunities for the athlete. Currently, there are six different games that span across three seasons: fall, winter, and spring.

In these games, students learn fundamental skills that can be seen across all sports. A successful E-Sports team requires teamwork and communication to be able to play on the highest level. These athletes have to be disciplined in the way they approach each match. An MCHS E-Sports athlete learns what it means to represent Minooka Community High School. For many of the students currently enrolled in E-Sports, this is the only activity they are a part of at MCHS. When I was inputting ID numbers into Five-Star after our first meeting, I saw a jump in the overall student participation in activities/clubs at MCHS. This shows that E-Sports has attracted students that otherwise might not be involved in their high school community. Being on an E-Sports team gives students purpose and empowers them to use their skills and passion towards a common goal.

In 2021-2022, IHSA added E-Sports to their list of competing sports. IHSA has recognized the dedication and practice that student-athletes put into competing at the highest level in these games. In 2022, the MCHS E-Sports team will compete in the State Series as well as the Southwest Prairie Conference Meet this spring - competitions recognized by IHSA. This sport is expected to continue growing.

Furthermore, E-Sports has shown success in both new-student recruitment and post high-school opportunities. At freshman night this year, over forty incoming freshmen shared their interest in joining the team next year. Additionally, MCHS has already been contacted directly by three different colleges to recruit players for their E-Sports program. These college-level programs are offering scholarships to students to reward them for their dedication and skill in this sport.

Although E-Sports has been around for a while, it is just recently gaining attention from those outside of the community. MCHS has the opportunity to invest in a program that can compete at the highest level in the state alongside high schools with dedicated E-Sports arenas/classrooms and that can build a community for students who might otherwise feel isolated in their high school years.

Hours:

Practice and games: Monday - Thursday: 5:00 PM - 6:30 PM (6 hours a week)
Tournaments: some weekends (Average 8-10 hours)

Additional preparation:

- Practice schedule (1 hour/practice)
- Tryouts (Varsity & Junior Varsity) (6-8 hours, 3 weeks out of the year)
- Coordinating with IHSEA, IHSA, and other high schools (1 hour/week)
- Scholarship meetings (1 hour/student)
- Executive Board meetings (1 hour every other week)

Benefits to Program and Student-Athletes:

-Currently all athletic programs have at least one coach for each level (most have two or more) to aid in student-athlete development.

- Consistent practices and training
- Access to facilities and equipment
- Connection to potential scholarships and collegiate level teams
- Social-Emotional preparation and community building
- Monitored grades and expectations for academic success

IHSEA Tournaments 2021-2022

Overwatch Tournament (IHSEA - Fall) - Online

Rocket League Tournament (IHSEA - Fall) - Online

Super Smash Bros Tournaments (Winter)

- Naperville North High School
- Springfield High School

League of Legends Tournaments (Winter)
-Illinois State University
-University of Illinois

Fortnite Tournaments (Spring) - Online

Valorant (Spring) - Online

IHSA Tournaments 2021-2022

Southwest Prairie Conference Tournament
-April 9th, 2022 - Joliet West High School

State Tournament
-April 23 + 30, 2022 - Joliet West High School

Students in Action



ASL Club/Honor Society

2 Sponsors - Group 6 - \$1968 = 3396

Stipend Rationale:

American Sign Language is growing in popularity at MCHS. ASL Club was established three years ago and now would like to add the ASL Honor Society. The other world languages at our school; French and Spanish, already have Honor Society Club stipends. ASL Club/Honors Society would encourage and recognize high academic achievement in ASL studies. It would also enrich the learning and experience of those studying and pursuing ASL as level 4.

24 students already part of ASL club/ASL classes would qualify for the ASL Honor Society.

ASLTA is the governing organization for ASL Honors Society. MCHS would abide by ASL Honor Society Membership Guidelines

<https://www.aslhonorsociety.org/>

Field Trips/Hours:

- Induction Ceremony for ASL Honor Society
- Meetings for ASL Honors Society will be held
- Meetings for ASL Club held Mondays after school from 3:00-4:00pm throughout the school year
- Cookie fundraiser
- Signing for National Anthem at home sporting events throughout the year
- Signing at other MCHS events

Allies in Diversity

1 Sponsor - Group 6 - \$1968

Google Classroom Code:

om63qmj

Rationale:

As a growing community MCHS has seen many demographic changes and challenges. Allies in Diversity is a club that brings students together to contribute to the community as well as to promote and encourage the appreciation of diversity. Oftentimes, students want a place where they can be themselves, talk about the changes at school and to be in a safe environment. Our club is a channel for promoting diversity in a fun and positive atmosphere where all are welcome and accepted.

Allies in Diversity celebrates our differences and encourages students to accept each other's uniqueness.

Our student attendance ranges from 10 to 20 students a week. However, on an event night we have had as many as 40 students who will participate. On several occasions, students have expressed their appreciation for the opportunity this club provides to express their individuality and learn about each other's cultures.

In the future, Allies would like to hold a Cultural Awareness Week to help students to know the importance of respecting cultural differences and similarities.

Hours:

Meeting: Every Wednesday from 3:00 PM until 4:30 PM (90 minutes)

Meeting Preparation: Every Wednesday after club 4:30 PM until 5 PM (30 minutes)

Meet with individual club members as needed throughout the week. (2 hours)

Field Trips/Hours:

- Mitchell Museum of the American Indian (7hours)
- Dusable Museum of African American History(7 hours)

Additional Preparation:

- Coordinate 2 Field Trips (7 hours each)
- Collect school supplies for backpacks
- Participation in Homecoming Parade (2 hours)
- Host a Craft Night to promote club (2 hours)
- Host a Mexican Bingo Night, in collaboration with the International Club, to coincide with Hispanic Heritage Month (2 hours)
- Host a Paint Night to coincide with with LGBTQ+ month (2 hours)
- Participation in Operation Shoe Box, in collaboration with Interact (2 hours)
- Coordinate an ice cream social at the Minooka Creamery (2 hours)
- Research different Kahoot games to challenge the student's knowledge on a particular diverse group each month
- Arrange for speakers to speak at club
- Meet with different staff members to incorporate a multicultural curriculum and to learn how to promote different cultures within the school in a appropriate manner
- Working on getting t-shirts for club
- Represent the club at Freshman Night
- Promote club with the Nook News
- Promote club with the Nook 111 podcast
- Promote club at Freshman Orientation
- Promote club via Remind 101
- Promote Joliet Junior College Black Teen Summit
- Keep up with Google Classroom
- Research Diversity ideas
- Collect donations for charity
- Maintain Instagram and Twitter accounts

Benefits to Program and Student:

- Students learn how to get along with each other.
- Provide peer to peer support.



- Students learn about different cultural backgrounds and ethnicity through research and playing games.
- The Club encourages the student body to be unified through recognizing and accepting our differences.
- Access to school facilities, staff and supplies.
- Social skills are developed through student interactions.
- Grades and academic success are monitored.
- Students learn acceptance through knowledge of different cultural backgrounds.
- In preparation for college and community.

Students in Action



Disc Golf

2 Sponsors - Group 6 - \$1968 = 3396

Stipend Rationale: Disc Golf is a sport that can be enjoyed by all age groups and any ability level. All a person needs is one disc and they can enjoy some quality time in the great outdoors. The game rules are parallel to ball golf, but instead of hitting a golf ball with a club, disc golfers throw a disc towards an apparatus consisting of hanging chains and a basket to catch the disc. The sport has been growing exponentially during Covid as it has been a safe way to get outside and stay active. New courses are opening up across the country and are making an already great sport even more approachable.

At Minooka High School, our Disc Golf Club started in 2015 when four students approached Jason Allen and Josh Plese with the idea of forming a student-initiated group. The first year was a bit rough. We started in the spring, which proved to be a poor decision. The weather was uncooperative and most weeks we were stuck working on putting in the Central Campus Cafetorium. Students soon lost interest and the club was at risk of failure. We barely held on to members throughout that first season and we knew we had to make some big changes if we wanted the club to survive.

We soon pivoted to our successful recipe of starting in August. The weather is warmer, drier, and there is abundant daylight. Once we tapped into this new season, our numbers began to swell and we were attracting over 20 students each school year. In recent years, this number has increased to around 30 per school year with even more students who come and go as their other sports schedules allow.

We are fortunate that Central Campus is located within walking distance of a beginner-friendly 7 hole course at Summit Park. We begin our season with a few weeks here as we teach the students the rules of disc golf and show them throwing techniques. Once the students have some experience under their belts, we then take weekly trips to local courses. During a typical school year, we get at least one round in at Shorewood Park, Community Park in Channahon, West Park in Joliet, Highland Park in Joliet, and Dellwood Park in Lockport. The students enjoy the challenges presented by each new location and we keep statistics on their play. We have received many compliments over the years as envious disc golfers watch us pull into the parking lot in a school bus. We frequently hear the refrain of "Man, I wish my high school had a disc golf club when I was in high school!"

During the first few years of our club, we stopped our season in late October. Once the Daylight Savings Time change occurs, we no longer have enough light to travel to courses after school. Recently, we have extended our club into December. From October to December, we set up baskets in the hallways and create 18 hole mini-disc golf courses. We utilize building structures like door frames and poles to provide obstacles that the students must negotiate. These shots are all putts of between 10 feet and 35 feet and the students use soft-edged putters to complete the course. This provides us with a way to stay active even in the cooling weather and waning light.

We have hosted several staff events in which teachers join the students both outdoors and indoors to complete rounds of disc golf. Because the barrier to entry is small (only one disc is needed) we are able to equip the students and teachers with all they need to join the fun. During these contests we offer prizes in the form of discs and disc golf accessories, and sometimes Portillo's chocolate cake shakes! It has become a Disc Golf Club tradition to have a team dinner at Portillo's in Shorewood after a round at the Shorewood course!

Throughout the past seven years, we have been fortunate to take advantage of some unique opportunities. A local professional disc golfer named Dana Vicich joined our coaching staff to assist the students and provide them with expert advice. He was also kind enough to donate 50 t-shirts to our cause. One of Josh Plese's friends conducted a disc drive via the Joliet Disc Golf Club and we obtained several tubs-worth of discs that we lend to students so they can participate when they don't have their own equipment. Recently, the hosts of the Illinois Disc Golf Championships reached out to us with gifts for our students. Several of our disc golf club members also participated in the first ever Illinois Junior Disc Golf Championships held last summer in Mokena.

Within the past few years, we have teamed up with a disc golf club at Joliet West High School and have been able to set up matches against their team. Best of all, for these matches, we have been able to compete inside the old Joliet women's prison on Collins Street. Imagine the look on the students' faces when the morning announcements read "Last night, several students from Minooka High School went to prison... and played disc golf!" We have included some pictures of this event below.

The reputation of our club has grown over the years and several schools have reached out to us for ideas on how to establish their own clubs. Our long term goal is to connect with enough clubs in the area that we can compete on a regular circuit and seek IHSA recognition. We still have some work to do in this regard, but becoming an official club instead of a student-initiated group would lend us additional credibility and would enable us to advance our cause.

Field Trips/Hours: Our club meets once a week from August to December. On the first few weeks when we are only practicing, we meet from 3:00 PM until about 4:30 PM. On subsequent weeks when we travel to disc golf courses, we meet from 3:00 PM until around 7:00 PM. We have also scheduled occasional weekend trips to courses. When we transition to the indoor season, our indoor rounds last from 3:00 PM until around 4:30 PM.

Students in Action

(Please see next page for pictures)



Minooka students Olivia Jermolowicz, Maria Esparza, and Vanessa Marquez watch as Vanessa attempts a putt in the Joliet Women's Prison.



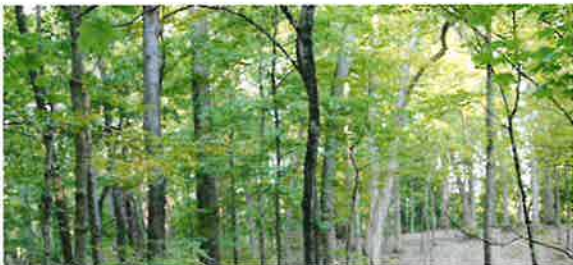
Minooka and Joliet students await their turn to putt from inside a cell at the Joliet Women's Prison.



The full group of competitors pose after Joliet West/ Central took on Minooka in a friendly match at the Joliet-Women's Prison.



Before playing an indoor round at Central Campus this year, students posed for a group picture with "swag" they had been gifted by the organizers of the Illinois State Disc Golf Championship.



AJ Kunkle drives off the teepad on hole 13 at Highland Park in Joliet.



Damian Leypold makes a putt at Highland Park in Joliet.

Photo Club

1 Sponsors - Group 6 - \$1968

Google Classroom Code: 6j64bms

Rationale:

Visual imagery is a large part of our daily lives. Developing the skills needed to create engaging imagery through photography can strengthen our students' communication skills. Photo Club provides members with both technical and creative information. We discuss composition, lighting, and exposure, while looking at examples of photographs taken by professionals and amateurs. In addition, we experiment with photo editing. Club members participate in organized photoshoots and view their results as a group during meetings. During viewings, students participate in supportive critiques and share information on subjects, techniques, locations, etc. Photo shoots can happen during the meetings and/or outside of school. Members may use mobile phones or dedicated cameras. Photography Club is open to all MCHS students. Students who might not have room in their schedule for Art courses, such as Photo I & Photo II, can enjoy this creative outlet at any time during the school year.

Hours:

Meetings:

- Photo Club meets on average, three times per month
- Each meeting is approximately one hour long
- Field Trips

Benefits to Program for Students:

- students develop skills needed to create engaging imagery
- students strengthen communication skills
- students collaborate with each other
- Creative and Educational access for students who might not have room in their schedule for Art courses



Game Club

1 Sponsor - Group 6 - \$1968

Stipend Rationale: 46 active members (72 total members this year)

Rationale:

Game Club is a weekly meeting for students to get together and play favorite games. These can include everything from video games (*Super Smash Bros.*, *Mario Kart*), role-playing games (*Dungeons and Dragons*), collectable card games (*Magic: the Gathering*, *Yu-Gi-Oh*), and board games (*Uno*, *Sorry*). Most weeks, between 30 and 40 students gather in the library and claim tables for these games. Some last as long as a semester (like *Dungeons and Dragons*), while others change weekly.

For many of the students in Game Club, this is their only regular extra-curricular that they participate in. This is their social outlet for the week. For other students, Game Club is a club they can be part of when other sports or seasonal extra-curriculars are over; they may not be able to come during wrestling season, for example, but they know that we will still be there when they are done. Game Club also attracts a diverse population of our students. We have students on the AP track who come regularly, and we also have students from our REACH program who come regularly. Game Club gives these students a chance to sit down at a table together with something in common and make new friendships.

The biggest disappointment that I see from students in Game Club is when I tell them that there is no meeting the next week. As a right-to-meet club, we can only meet for an hour three times a week, which means that there are times where we have to go a few weeks between meetings. Many students need this social outlet once a week, and getting the flexibility to extend our time together would also give us more opportunities as a club. There is interest in expanding the games that are played, or having tournaments, or longer events.

Hours:

Wednesdays 3:15 - 4:15

Judo

1 Sponsor - Group 5- \$2096

**Stipend Rationale: Average of 17.9 students per year since 2009
(Current enrollment 13)**

Safety: The club is sponsored by a nationally certified Judo coach. We work out on official judo mats that were donated to benefit the students of MCHS.

Field Trips/Hours: Approximately 14 hours/month in Sem 1, 7 hrs/month Sem 2. Practice runs from August until May from 3:15-5:00 Mondays and Wednesdays. (2nd semester Wednesdays only)

Google Classroom Code: rdyksp7

Rationale:

Judo has been a part of the fabric of MCHS since 2009. The number of students involved in MCHS judo may be relatively low but the impact that it has on those students could not be higher. Since its introduction to MCHS, the judo club has served as a welcoming and inclusive environment for students of all backgrounds and body types to develop self discipline and leadership skills while building self confidence and athletic ability. The two foundational principles of judo, MUTUAL RESPECT AND BENEFIT & MAXIMUM EFFICIENCY are constantly present in the sessions. Members have constantly listed our judo club as a major factor in their preparation for life beyond MCHS. Each year, the members elect a president and that president works with the sponsor to organize and communicate to the club and school as a whole.

Furthermore, judo is a competitive activity. We have produced multiple Illinois State Champions. MCHS students have also won State titles in surrounding states. Annually, MCHS judo club hosts a regional competition that draws athletes from 5 states to South campus and has served as a clinic site for Olympic coaches and Olympic medalists. MCHS has served as the proud host of the Illinois State Championships on multiple occasions.

There is no other business or facility in our district or immediate area that offers judo, however students may find that several universities offer intramural judo.

Hours:

Practice: Year round (August through May)

3:15-5:00 Mondays and Wednesdays during 1st Semester / Wednesdays 2nd Semester

Additional preparation:

- Practice schedule (1.75 hours/practice)
- Preparation and planning (1 hour/week)
- Participation in Homecoming parade (6 hours)

- Annual tournament hosted by MCHS
 - Preparation/Planning/Communication (6 hours)
 - Set up on Friday (6 hours)
 - Event on Saturday (10 hours)
- Annual training and certification (3 hours)
- Coaching at tournaments (average 12 hours/event including travel)

Benefits to Program and Student-Athletes:

-Currently all athletic programs have at least one coach for each level (most have two or more) to aid in student-athlete development.

- Consistent practices and training
- Access to facilities and equipment
- Connection to leadership and self discipline
- Access to collegiate level programs
- Social-Emotional preparation and community building
- Monitored grades and expectations for academic success

Typical Tournaments attended by MCHS judo club

Wisconsin State Championships, Milwaukee, WI

Illinois State Championships, Venue Varies

Indiana State Championships, Portland, IN

North/South Tournament, Belleville, IL

Minooka Halloween Judo Open, South Campus

Minooka Earth Day Tournament, South Campus

Chicago Open, Chicago, IL

Tohkon Classic, Chicago IL

Student images from the last two seasons of MCHS Judo







MOCK TRIAL

Rationale:

Mock Trial has been a competitive state-wide activity in the state of Illinois since 1983. Mock Trial competitions are overseen by the Illinois State Bar Association with over 40 schools participating in last year's state competition. Traditionally, the state competition is held at the University of Illinois at Urbana-Champaign over a weekend with other invitational competitions being held by other high schools or local bar associations in the months of January, February, and March in the lead up to the state competition. Winners of the state competition are also invited to participate and represent the State of Illinois in the National Mock Trial Competition.

In preparation for Mock Trial competitions, teams of 10 students prepare both sides of a particular case that is created by the Illinois State Bar Association for that given season. These cases can be either criminal or civil in nature, and most cases also pertain to present-day issues that many high school students encounter. Past issues have included prescription drug abuse, distracted driving, bullying/hazing, and other real-world examples that students encounter in their lives.

In preparation for competitions, students will take on the roles of attorney and witness for their particular case. They develop complex legal arguments including opening and closing arguments, lines of direct and cross-examination, the introduction of exhibits as evidence, the qualification of expert witnesses for testimony, and understanding the complexities of the rules of evidence for the State of Illinois. They prepare both sides of the case, as they will perform the case two separate times during a competition, once as the defense and the other time as the prosecution or plaintiff, depending on the nature of the trial.

As students prepare, they work together as a team developing their arguments and problem solving how to make their case before the judges in the trial. While we do offer courses that cover these topics in Street Law I and Street Law II, many participants come into the team with no prior knowledge of the legal process, so many students are learning about these skills for the first time. The role of the coach/sponsor helps guide participants through this process, while also guiding their arguments through the rules and guidelines established by the Illinois State Bar Association for all Mock Trial competitions. Attorneys and judges are also invited to help support members as they develop and practice their arguments in preparation for competitions.

Mock Trial is a competitive team activity that has direct post-high school educational and career opportunities. Not only are students learning from real-world professionals, but competitions are judged by current practicing judges, state attorneys, and attorneys from across the State of Illinois. During last year's competition season, many of our students were complimented on their professionalism and ability to argue legal principles to a high degree of regards by these judges. Graduating seniors have since begun participating in Mock Trial teams at the collegiate level. As this program grows, I look forward to seeing our students entering into the legal profession with a strong foundation for their future collegiate and professional careers that were able to begin here at Minooka Community High School.

Hours:

Practices: Mondays weekly from October through March, with additional practices when closer to competition season. (2-4 hours a week)

Tournaments: Some weekends (Average 8-10 hours)

Additional preparation:

- Practice schedule (1-2 hours per practice)
- Tryouts for tournaments (Depending on turnout)
- Coordinating with Illinois State Bar Association and the Illinois Mock Trial Coaches Association
- Networking with local attorneys and judges for team support

Benefits to Program and Students:

- Currently all competitive activities have at least one paid coaching position to support students and participants learn and grow during the season
- Consistent practices and training
- Access to facilities and equipment
- Access to transportation facilities to travel to invitational and state competitions
- Connection to collegiate level teams with almost 400 universities awarding scholarships for mock trial
- Professional networking for students that can continue beyond higher education
- Possible coordination with local bar associations to host future invitationals for other local districts
- Monitored grades and expectations for academic success

ISBA Mock Trial Invitationals 2022

High School Mock Trial Clinic/Scrimmage by the University of Illinois Trial Team - *Online*
February 19, 2022

Lake County Mock Trial Invitational - *Online*
February 26, 2022

South Elgin / Bartlett Mock Trial Invite - *Online*
March 5, 2022

ISBA State Competition 2022

ISBA State Mock Trial Invitational - *Online*
March 11-13th, 2022