

## **D. PARTICIPATION IN EXTRA-CURRICULAR PROGRAMS**

Conrady Junior High offers an outstanding extracurricular program that we feel is a necessary component to a well-rounded, quality education. Our school provides a variety of activities to enrich and supplement our academic endeavors. Students who wish to participate in one or more of these programs must maintain the necessary eligibility standards (academic and behavior) that are expected from all Conrady students (*See pages 3-4 for more info*).

Meeting dates and times will be determined by sponsors and announced in the daily announcements. In many cases buses are provided for extracurricular activities. Please see the coach or sponsor for more information.

### **D.1 SPORTSMANSHIP**

Good people make good sports, and sports without sportsmanship have no place in interscholastic activities. SWIC by-laws and school regulations clearly stipulate that poor sports or unsportsmanlike action may cause the person responsible to be barred from attending school athletic contests. We wholeheartedly support the practice and teaching of the principles of good sportsmanship. Good people do make good sports, and solid citizens make contributions to our society.

### **D.2 EXTRACURRICULAR ELIGIBILITY REQUIREMENTS**

Coaches, directors, and supervisors will provide an alphabetical roster to all classroom teachers at the beginning of each extracurricular activity. Eligibility checks will be conducted from a weekly to bimonthly basis. The Athletic Director will compile a watch and ineligibility list and distribute to the teachers, coaches, directors, supervisors and principal based on the following guidelines.

- A. A student who is receiving at least one "D" will be placed on a potential list; this will provide an opportunity for the teacher and extracurricular activity supervisor to initiate a program (contact, after school help, etc.) that would enable the student to participate while working to improve their academic performance;
- B. If such interventions do not help and/or a student receives more than 2 "D's" and/or an "F" in any class, he or she will not be able to participate in extracurricular activities until: 1) the grade(s) are corrected to level of expectation and permission is reinstated by coach/sponsor and the classroom teacher; or 2) the grades are corrected to level of expectation the next time the list is distributed.
- C. Other criteria, such as attendance, may be used to determine eligibility.
- D. See pages 3-4 for additional extra-curricular information.

Any questions and/or concerns should be directed to the Athletic Director for clarification. The administrative team will also be available for assistance and guidance.

### **D.3 PHYSICAL & PARENT CONSENT**

Students who choose to participate in the athletic programs must have a CERTIFICATE OF SATISFACTORY PHYSICAL CONDITION (Physical Examination) signed by a licensed physician and a CERTIFICATE OF CONSENT signed by a parent or guardian. Student insurance information will also be requested. Physicals for students participating in athletics at Conrady may be obtained at the Palos Township Health Service located at 10802 South Roberts Road. Please call for an appointment and other details at 598-2441.

ONE PHYSICAL WILL COVER A STUDENT FOR AN ENTIRE YEAR AND MAY ALSO BE COMPLETED IN SUCH A MANNER AS TO COVER ANY/OR ALL OF THE ACTIVITIES LISTED ABOVE. Our Athletic Director will check to make sure that the necessary forms are completed prior to conference participation. Any exceptions must be approved through the office.

### **D.4 INSURANCE**

Involvement in North Palos School District 117 extracurricular athletics requires that a student show proof of accident insurance coverage. This can be achieved either by a policy purchased through the District-approved insurance plan or a parent(s)/guardian(s) written statement that the student is covered under a family insurance plan. North Palos School District 117 offers a voluntary student accident medical insurance program underwritten by a specified insurance company. Forms for these insurance programs, with detailed costs are available in the school offices and District website.

### **D.5 RESPONSIBILITY FOR PERSONAL BELONGINGS**

Part of your child's junior high athletic experience is practicing during non-school hours and travelling to other schools for contests (including the Southwest Interscholastic Conference). In accordance with this privilege, it is the student's responsibility to care for his or her personal belongings. While each of the host schools will provide reasonable security for your child's belongings, we cannot be responsible for missing or lost items. To this end, we would like to strongly recommend the following:

1. Please encourage your child not to bring excessive amounts of money, jewelry, and other valuables.
2. Personal items should be kept under lock.

3. After all contests and practices, please encourage your child to make sure he/she has all personal belongings.
4. If necessary, personal items should be given to the coach for safe keeping.

Please discuss these precautions with your child. While all the schools are well intended and wish the experience to be enjoyable to your child, we need your help and your child's help in providing reasonable security for his/her belongings.

### **D.6 STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES**

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois High School Association before being allowed to participate in any athletic activity, including practice or competition.

A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.

### **D.7 SOUTHWEST INTERSCHOLASTIC CONFERENCE (SWIC) ACTIVITIES**

Conrad Junior High School is a member of the Southwest Interscholastic Conference. Eleven interscholastic programs are conducted throughout the year for eligible students. The following activities and their approximate starting dates are:

Begins Late August: Boys' Softball, Girls' Softball, Cross-Country

Begins Early October: Girls' Basketball, Boys' Volleyball, Mathletes

December: Boys' Basketball, Girls' Volleyball

Winter-Spring: Speech/Declamation

Begins Spring: Boys' and Girls' Track, All-Star Band Concert, Boys' Soccer, Girls' Soccer

### **D.8 SWIC CONFERENCE SCHOOLS**

Century Junior High School  
159<sup>th</sup> & 108<sup>th</sup> Avenue  
Orland Park, IL 60464-3299  
873-6400 Fax 873-6425

Liberty Junior High School  
5900 West 81<sup>st</sup> Street  
Burbank, IL 60459  
229-0961 Fax 229-0659

Prairie View Junior High School  
8500 West 175<sup>th</sup> Street  
Tinley Park, IL 60477  
532-8540 Fax 532-8544

Evergreen Central Jr. High School  
9400 South Sawyer  
Evergreen Park, IL 60805  
424-0148 Fax 423-4292

Oak Lawn/Hometown Middle School  
5345 West 99<sup>th</sup> Street  
Oak Lawn, IL 60453  
499-6400 Fax 499-7684

Simmons Middle School  
6450 West 95<sup>th</sup> Street  
Oak Lawn, IL 60453  
599-8540 Fax 599-8015

Grissom Junior High School  
17000 South 80<sup>th</sup> Avenue  
Tinley Park, IL 60477  
429-3030 Fax 532-8529

Orland Park Junior High School  
14855 West Avenue  
Orland Park, IL 60462  
349-5319 Fax 349-5843

Tinley Central Junior High School  
18146 South Oak Park Avenue  
Tinley Park, IL 60477  
614-4510 Fax 614-7271

Jerling Junior High School  
8851 West 151<sup>st</sup> Street  
Orland Park, IL 60462  
349-5380 Fax 873-6457

Palos South Middle School  
131<sup>st</sup> & 82<sup>nd</sup> Avenue  
Palos Park, IL 60464  
448-5971 Fax 448-0754

### **D.9 SWIC SCHEDULES**

Go to [www.npd117.net/conrady](http://www.npd117.net/conrady) and click on "Calendar" then select "SWIC Calendar" to see all established dates for the school year.

### **D.10 EXTRA-CURRICULAR PROGRAMS**

#### **A. ADVENTURE CLUB**

Adventure Club is a club for those individuals that like the outdoors as well as exploring a variety of new activities. The club meets once a week after school. We focus on team-building and leadership skills. Many activities will take place outside, regardless of weather. Adventure Club takes about 10 field trips during the school year, all on Saturdays or after school. These trips are offered to students to give them opportunity to experience other forms of fitness and fun that they may not otherwise have the chance to enjoy. Some activities we may possibly experience are hiking, orienteering, archery, high ropes, laser tag, etc. In addition, Adventure Club organizes a bowling team during second semester. Adventure Club is open to all eligible Conrady students.

#### **B. ART CLUB**

Art Club is for students who love creativity, working with their hands and sharing their talents with the community. Students will meet after school to make projects and work with a variety of art materials. Art activities in which the students may collaborate are paintings, murals, banners, drawings, furniture paintings, craft projects, and jewelry. The group may also take after school or weekend trips to nature settings, cultural museums and attractions for field drawing experiences.

#### **C. ACADEMIC STUDENT SUCCESS ENRICHMENT TEAMS**

ASSETS is an after-school academic support program offered free to students Monday – Thursday from 2:30 p.m. to 3:40 p.m. beginning mid-September and ending the last week of March.

Academic support in ASSETS focuses on English Language Arts and Math, the two cornerstone content areas of education. Both grade level and below grade level standards for students are addressed in a small group setting by certified teachers. Space for ASSETS is limited, based on the number of available teachers. Students qualify to enroll in ASSETS according to scores from the Measure of Academic Progress (MAP) exam given three times per year, Partnership of Assessment of Readiness for College and Careers (PARCC), as well as local unit assessment data.

Students who qualify to enroll in ASSETS for the school year must have the permission of their parents to participate in the program. Parents are encouraged to trust the recommendation of school staff and partner with the school in providing necessary support via the ASSETS program.

**Students who enroll in ASSETS may "split time" with other extracurricular activities.** For example, if a student is in both ASSETS and a sport, the student will attend ASSETS from 2:30-3:15 and will participate in the sport from 3:15-4:00. Splitting time not only allows students to obtain additional academic support, but also affords students the opportunity to participate in all extracurricular areas. **Students who qualify to enroll in ASSETS but decline will relinquish the privilege to be a member of any club or sport for the school year.**

#### **D. BAND**

Band members will meet regularly to prepare for various presentations during the school year. During the past year, band members have performed at the elementary buildings, student

assemblies, the PTSA sponsored "Fine Arts" celebration, school concerts, and local and state competitions. They have also traveled as a group to other states and countries to perform. Students are recognized at an end-of-the-year Awards Banquet.

#### **E. BOYS/GIRLS INTRAMURALS AT CONRADY JR. HIGH**

Intramurals for boys and girls will be held periodically throughout the entire school year. The program may include basketball, volleyball, soccer, floor hockey, badminton, open gym, and various athletic contests and competitions.

Due to the nature of this program, those students who have demonstrated a pattern of "poor sportsmanship" or have not regularly participated in P.E. class may present a risk to others and may lose their privilege to attend. In such cases, parents will be notified in advance. In addition, any student whose conduct demonstrates a pattern of disruptiveness will lose their privilege to attend these open-enrollment functions. In all cases, parents are encouraged to contact the Athletic Director to verify action enforced.

#### **F. CHORUS**

Flyers will be given to the students at the beginning of the school year in order to explain the goals, expectations, and objectives of the program. Performances will be scheduled and conducted to showcase the talents of this group.

#### **G. COMPUTER LAB**

Open to all students for computer/Internet access to complete homework, projects, and additional academic assistance.

#### **H. DRAMA CLUB**

This club is for any student who enjoys the fine arts and production of theater presentations. Students will participate in acting, set design, and prop/costume development. Our intent is to provide for at least one play to be held in the main gym.

#### **I. DANCE**

Boys and girls under the direction of a supervisor will learn, arrange, and perform dance routines. Students will may perform during athletic and other school sponsored programs.

#### **J. MATH CLUB**

The Math Club is organized for any students who enjoy math and/or would like to learn more about the subject. Students will have the opportunity to participate in a number of regional contests. Students will also participate in the conference sponsored Math Contest during the spring quarter.

**K. MERIT CLUB M.E.R.I.T.** is a five-part citizenship program to improve the respect, character, and praise of our school. The goal is achieved by participants: modeling good moral fiber, engaging others in school events, renewing resources, informing others on issues, and caring for others. Program activities include: conducting morning announcements, leading the Pledge of Allegiance, podcasting school news, running the school store, round-table discussions, and recognizing special occasions.

#### **L. NATIONAL JUNIOR HONOR SOCIETY**

Membership in the National Junior Honor Society is one of the highest honors that can be awarded to a secondary school student. Chapters in many secondary schools across the nation strive to give practical meaning to the Society's goals of scholarship, leadership, service, character, and citizenship. To be eligible for membership a student must be enrolled at Conrady for one semester. The candidate must maintain a 3.5 to 4.0 grade point average. The candidate must also successfully meet the requirements established by a faculty-

screening committee. Applications will be made available to the students sometime in the early spring.

#### **M. SCIENCE TEAM**

The goal of this club is to provide students with additional time to explore the Nature of Science through the interaction of matter (Chemistry/Physical Science). Students will participate in "You Be the Chemist" Challenge.

#### **N. SPEECH/DECLAMATION**

This activity is for students who enjoy public speaking. A team will be selected to represent our school in the conference-sponsored contest. Student selections will be made during the appropriate quarter of the school year.

#### **O. STUDENT COUNCIL**

Every year Conrady students volunteer to serve/run as representatives and officers of the student government. These student council members help determine the various activities that our student body will participate in throughout the school year. Some of these activities are regular meetings, 8<sup>th</sup> grade dance, seasonal parties, trips, special theme days, etc.

#### **P. TECH CLUB**

Students use technology to enhance the creation process. Activities typically include photo editing, video recording and editing, audio recording, Lego robotics, model rockets, etc.

#### **Q. YEARBOOK**

Students who participate in the Yearbook Club will take on the responsibility of developing, organizing, and distributing the Conrady Junior High School Yearbook.

#### **RECOGNITION OF STUDENTS IN EXTRA-CURRICULAR PROGRAMS**

Team farewells (including individual recognition) will be scheduled at the end of each season rather than waiting for a formal ceremony. Coaches will choose the manner of recognition which best suits their team (i.e. pizza party, team picture, certificates, etc.).