

Pleasantdale Middle School

Activities Handbook

2011 – 2012



This Handbook provides a reference for all co-curricular and interscholastic activities offered at Pleasantdale Middle School.

These programs provide opportunities for students to further develop their interests and talents. It is our intention that the contents of this handbook will assist you and your child in making decisions regarding their involvement in activities.

Participation in and/or attendance at activities are a privilege and not a right. It is the students' responsibility to maintain eligibility by meeting all academic and behavioral standards.

TABLE OF CONTENTS

Description of School Activities	3
Intramurals	11
L.T.E.S.A.C. Conference Sports	12
L.T.E.S.A.C. Member School and Driving Directions	17
Alternate Softball / Soccer Sites	19
Responsibilities and Communications	20
Eligibility and Code of Conduct	22

ACTIVITY DESCRIPTIONS

BAND and ORCHESTRA PROGRAM offers students the opportunity to further their instrumental music skills in a performance-based arena. Pleasantdale has the following ensembles for students to learn and further their passion.

Middle School Concert Band *is open to students in grades 6, 7 and 8 who play a band instrument. Activities include two concerts per year, workshops at LTHS, Solo & Ensemble Festival, and Great America Music Festival.*

Fifth Grade Band *is open to all students in fifth grade who play a band instrument. Activities include two concerts per year, Solo & Ensemble Festival, and an ice cream social with the 4th grade band.*

Jazz Band *is open to all current Concert Band members in grades 6, 7 and 8 who play the following instruments: Saxophone, Trumpet, Trombone, Piano, Bass, Drums and Guitar. Auditions may be necessary. Other instruments may be included in Jazz Band at the discretion of the director. Activities include two concerts per year and a workshop at LTHS.*

Middle School Orchestra *is open to students in grades 6, 7 and 8 who play a string instrument. Activities include two concerts, Great America Music Festival, Solo & Ensemble Festival, and workshops at LTHS.*

Fifth Grade Orchestra *is open to any fifth grader who plays a string instrument. Activities include two concerts per year, Solo & Ensemble Festival, and an ice cream social with the 4th grade orchestra.*

Grade level: 5-6-7-8
Length of activity: All Year
Lesson Times: One pull-out lesson per week by instrument on a rotational basis.
Sponsor: Mr. F. Bell



Full Group Rehearsal Times

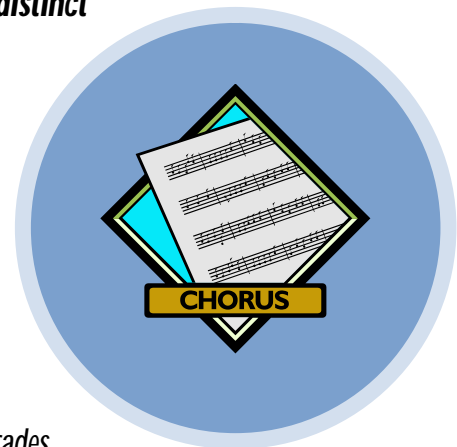
Concert Band 7:30a.m. – 8:15a.m. Tuesdays and Thursdays
Jazz Band 7:30a.m. – 8:15a.m. Fridays
Middle School Orchestra 7:30a.m. – 8:15a.m. Mondays and Wednesdays
Fifth Grade Band 3:30p.m. – 4:20p.m. Mondays and Thursdays
Fifth Grade Orchestra 3:30p.m. – 4:20p.m. Tuesdays
Night and Saturday performances are involved

CHORUS *encourages students to develop their musical interests and skills through performance activities. There are no auditions for the three distinct choral groups.*

Low Key is open to all boys in grades 5-8. We perform songs specifically for the male voice. Highlights include winter and spring concerts, 5th grade ice cream social, and 6th-8th grade Great America festival.

One Voice is open to all girls in 5th and 6th grades. We perform unison songs, rounds, canons and part songs to develop the young female voice. Highlights include winter and spring concerts and the ice cream social music event.

Treblemakers is open to all girls in grades 7th and 8th grades. We perform a wide variety of female repertoire in 2 and 3 part harmonies. Highlights include the LTHS choral festival, winter and spring concerts, and Great America festival.

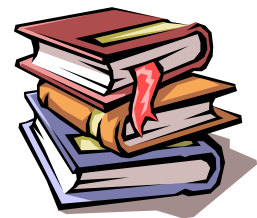


Rehearsal Times

- Low Key** 7:30a.m. – 8:15a.m. Mondays
- One Voice** 7:30a.m. – 8:15a.m. Tuesdays and Thursdays
- Treblemakers** 7:30a.m. – 8:15a.m. Wednesdays and Fridays
- Sponsor:** Mr. T. Tatina

HOMEWORK CLUB *enables students to have a quiet environment in the IMC for completion of classroom assignments.*

- Grade Level:** 5-6-7-8
- Length of activity:** All Year
- Meeting times:** 3:25p.m.-4:25 p.m. Mondays, Tuesdays and Thursdays
- Sponsor:** Mrs. J. Stelter



MATH COUNTS *a math competition program for 6th-8th graders that builds math skills, promotes logical thinking and sharpens students' analytical abilities.*

- Grade Level:** 6-7-8
- Length of activity:** October - March
- Meeting times:** TBA
- Sponsor:** Mr. Shuman Chehade



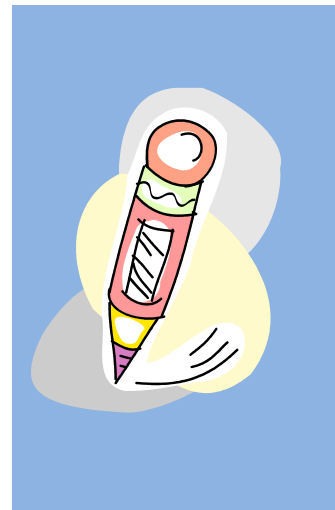
MATH OLYMPIAD *a math enrichment program for 5th graders that builds math skills, promotes logical thinking and sharpens students' analytical abilities.*

Grade Level: 5
Length of activity: All Year
Meeting times: 7:35 Wednesdays
Sponsor: Mrs. J. Vonnahme



PAW PRINTS –*Students have the opportunity to write poetry and prose pieces throughout the year and then submit finished pieces (blind entry) to be considered for publication. Students can also submit a resume and qualify for the Paw Prints Selection Committee. Entries are judged by this selected group and those entries chosen (as well as chosen artwork) are published in the Paw Prints Literary Magazine.*

Grade Level: 5-6-7-8
Length of activity: Spring
Meeting times: Dates TBA



PEER MEDIATORS *are a group of students trained in conflict resolution. These students work with the social worker and provide interventions in order to resolve student conflict in a positive manner.*

Grade Level: 6-7-8
Length of activity: All Year
Meeting times: TBD
Sponsor: Ms. B. Triggs



PEER TUTORS *are volunteers who help tutor another student in the Tutor Room on a regular basis in a particular subject area. Peer tutors must exhibit strong leadership qualities.*

Grade Level: 7-8
Length of activity: All Year
Meeting times: 3:25p.m.-4:30p.m. Mondays, Tuesdays, Thursdays
Sponsor: Mrs. J. Sherman

PLEASANTDALE MASOT *provides lively entertainment while exhibiting school spirit at all home basketball games.*

Grade Level: 5-6-7-8
Length of activity: Sept. – Jan.
Meeting times: During home basketball games



RAINBOWS - *ensures that grieving students have a supportive and nurturing environment. Students talk, share experiences and learn coping skills from one another when divorce or death touched their young lives.*

Grade Level: 5-6-7-8
Length of activity: All Year
Meeting times: TBA
Coordinator: Ms. M. Cannon

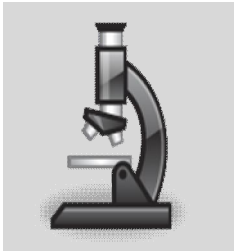


RECYCLING CLUB *is a voluntary service organization where students make a yearlong commitment to helping the school in its recycling efforts. Students who volunteer will be assigned certain days to gather recycling during their rec time.*

Grade Level: 6-7-8
Length of activity: All Year
Meeting times: TBA
Sponsor: Mrs. D. Washburn



SCIENCE CLUB - *for 5th and 6th grade students.*



Grade Level: 5-6
Length of activity: All Year
Meeting times: 3:25p.m. - 4:25p.m. Every other Tuesday
Sponsor: Mrs. J. Carnes

SCHOLASTIC BOWL is an academic extracurricular competition. Students participate in study activities and simulating competition during practice sessions.



Grade Level: 5-6-7-8
Length of activity: January - April
Meeting times: TBA
Sponsor: Mrs. J. Specht

SPRING MUSICAL *provides an outlet for students to showcase their thespian talents. Auditions are held in January. Cast members have three months to learn the script, songs, and choreography.*

Grade Level: 6-7-8
Length of activity: Late January – Late April
Meeting times: 3:25p.m. – 5p.m. daily
Night performances involved
Sponsors: Mr. T. Tatina

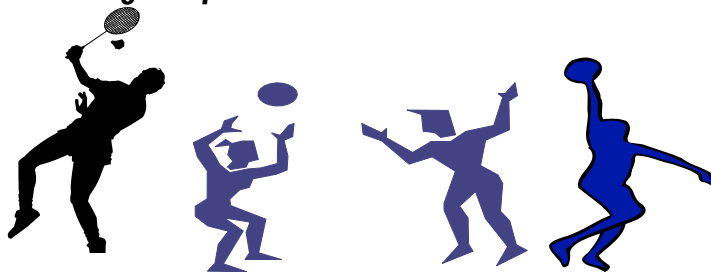


STUDENT COUNCIL *is a student-focused organization that works to enhance the school and community. Leadership and citizenship are qualities that define the organization. The Student Council has four elected officers and a team of appointed advisory representatives.*



Grade Level: 5-6-7-8
Length of activity: All Year
Meeting times: 7:30 a.m – dates TBD
Sponsor: Mrs. B. Triggs

TEAM TIGERS *is a sports program for all 5th and 6th graders. The program provides exercise, recreation, skill development, game strategies, competition and fun to all participants in a relaxed yet structured environment. Basketball, dance, football, badminton and volleyball are among the sports to be offered.*



Grade Level: 5-6
Length of activity: All Year (each sport will last for 3-4 weeks)
Meeting times: 3:25p.m. – 4:25 p.m. Mondays, Tuesdays, and Thursdays
Sponsors: TBA

TUTOR ROOM – enables students to have a quiet and supportive environment for completion of assignments and to have additional instruction in subject areas.



Grade Level: 5-6-7-8
Length of activity: All Year
Meeting times: 3:25p.m. - 4:25 p.m. Mondays, Tuesdays, Thursdays
Sponsors: Ms. K. Jastrzebski, Mr. M. Jesewitz, Mrs. S. Reed,
Ms. D. Acanfora



YEARBOOK *encourages students to become involved in all aspects of capturing the memories of the school year.*

Grade Level: 8
Length of activity: All Year
Meeting times: 7:30a.m. Three days a week.
Sponsor: Ms. A. Mars

INTRAMURALS

The intramural program offers a variety of activities centered on students' interests. These offerings are scheduled monthly, are posted on the district website and are included in school newsletters. Students are encouraged to "drop-in" on any session. Activities could include choices such as Gardening, Art, Chess, Dance, etc. Intramural calendars are posted in school and online.

Intramural activities are created throughout the school year, so if students have an interest that they would like to see incorporated into an intramural, they are encouraged to talk to their teachers to see if an intramural could be considered.

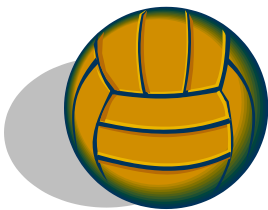
Grade Level: 5-6-7-8
Length of activity: All Year
Meeting times: 3:25p.m.-4:25 p.m. Mondays, Tuesdays and Thursdays
Sponsor: varies based on activity



L.T.E.S.A.C. CONFERENCE SPORTS



BASKETBALL



VOLLEYBALL



CROSS COUNTRY



SOFTBALL



SOCCER

L.T.E.S.A.C. CONFERENCE SPORTS

Pleasantdale Middle School is a member of the Lyons Township Elementary School Athletic Conference. The following is a listing of the sports in which our Tigers compete and information regarding the time commitment involved for a participant of a conference sport.

All participants on a conference team must have a current physical on file in the nurse's office.

Boys' Softball

Teams:	7 th and 8 th grade
Season:	Start: Beginning of the school year End: Early October
Practices:	Daily
Games:	Begin at 4:15 p.m
Coaches:	Mr. E. Busch and Mr. A. Emso
Other:	Teams participate in an invitational tournament at the end of the regular season.

Girls' Basketball

Teams:	7 th and 8 th grade
Season:	Start: Beginning of the school year End: Late October
Practices:	Daily
Games:	4:15 p.m. for 7 th grade team 5:00 p.m. or immediately following 7 th grade for 8 th grade team
Coaches:	Mr. M. Dreher and Mr. J. Munchoff
Other:	Teams participate in an invitational tournament at the end of the regular season.

Cross Country

Teams:	5 th , 6 th , 7 th and 8 th grade
Season:	Start: Beginning of the school year End: Mid-October
Practices:	Daily
Meets:	Begin at 4:15 p.m.
Other:	Team participates in a conference tournament at the end of the regular season.
Coaches:	Ms. S. Macek and Mrs. J. Vonnahme
Note:	Cross Country is a “no-cut” sport.

Boys' Basketball

Teams:	7 th and 8 th grade
Season:	Start: Late October End: Late January
Practices:	Daily
Games:	4:15 p.m. for 7 th grade team 5:00 p.m. or immediately following 7 th grade for 8 th grade team
Coaches:	Mr. M. Dreher and Mr. E. Busch
Other:	Teams participate in an invitational tournament at the end of the regular season.

Cheerleading

Teams:	7 th and 8 th grade
Season:	Start: Early November End: Late January
Practices:	Daily
Games:	4:15 p.m. for 7 th grade team 5:00 p.m. or immediately following 7 th grade for 8 th grade team
Coaches:	Ms. A. Mars and TBA
Other:	Cheerleading is a “no-cut” sport.

Girls' Volleyball

Teams:	7 th and 8 th grade
Season:	Start: Late January End: Late March
Practices:	Daily
Games:	4:15 p.m. for 7 th grade team 5:00 p.m. or immediately following 7 th grade for 8 th grade team
Coaches:	Mrs. K. Vervack and Mr. A. Emso
Other:	Teams participate in an invitational tournament at the end of the regular season.

Girls' Softball

Teams:	7 th and 8 th grade
Season:	Start: Early April End: Mid-May
Practices:	Daily
Games:	Begin at 4:15 p.m.
Coaches:	Mr. E. Busch and Mr. M. Dreher
Other:	Teams participate in an invitational tournament at the end of the regular season.

Boys' Volleyball

Teams:	7 th and 8 th grade
Season:	Start: Early April End: Late May
Practices:	Daily
Games:	4:15 p.m. for 7 th grade team 5:00 p.m. or immediately following 7 th grade for 8 th grade team
Coaches:	Mr. J. Reid and Mr. A. Emso
Other:	Teams participate in an invitational tournament at the end of the regular season.

Co-ed Soccer

Teams:	7 th and 8 th grade
Season:	Start: Early April End: Mid-May
Practices:	Daily
Games:	Begin at 4:15 p.m.
Coaches:	Mr. J. Munchoff and Ms. D. Wallner
Other:	Teams participate in a conference tournament at the end of the regular season.

L.T.E.S.A.C. MEMBER SCHOOLS AND DRIVING DIRECTIONS

FOREST PARK

925 Beloit Ave. Forest Park

Tel: 708-366-5703

1. Go north on Wolf Rd.
2. Turn right on Roosevelt Rd.
3. Turn left on DesPlaines Ave.
4. North to Harrison (stop light) turn right
5. East to Ferdinand and turn right
6. South on Ferdinand 1 ½ blocks
7. School is on the left. Entrance to gym is in the back of the school on Ferdinand. Park on the street.

GEORGE WASHINGTON

8101 Ogden Ave., Lyons

Tel: 708 -783-4200

1. Joliet Rd to East Ave
2. Turn left on East Ave
3. Turn right onto E. 55th St/w 55th st
4. This becomes Joliet rd
5. Turn Left onto Lawndale Ave.
6. Turn Right onto US 34

GURRIE

1001 S. Spring, LaGrange

Tel: 708-482-2720

1. Brainard north to 53rd
2. Turn right on 53rd to Spring. School entrance is on Spring in middle of block

HIGHLANDS

1850 Plainfield Rd.

Tel: 708-579-6890

1. Take Wolf Rd. to Plainfield
2. Turn right and go east about 1 ½ blocks
3. School is on the left. Turn left at the second driveway. Enter through doors at the west end of the building

MC CLURE

4225 Wolf Rd., Western Springs

Tel: 708-246-7590

1. Take Wolf Rd. north
2. Go over Burlington tracks and continue for 1 block
School is on the right
3. Turn right on 42nd St. and park behind the building 1 block east of Wolf Rd. Entrance is in the back

PARK

325 N. Park Rd., LaGrange

Tel: 708-482-2500

1. Take Wolf Rd. to Odgen Ave. turn right
2. East on Ogden to Brainard (stop light) turn left
4. School is on the corner of Ogden & Brainard. Parking lot and entrance are in the front.

WESTCHESTER

1620 Norfolk, Westchester

Tel: 708-450-2735

1. Take LaGrange Rd. north past Cermak (22nd St)
2. Continue on to the 2nd stop light which is Canterbury
and turn right
3. East on Canterbury about 10 blocks to Norfolk (4 way
stop) turn right
4. School is on the corner of Norfolk and Canterbury.
Parking lot is next to building. Entrance in front

WILLOW SPRINGS

8345 Archer, Willow Springs

Tel: 708-839-6828

1. Wolf Rd. south the German Church Rd. turn left
2. East on German Church to Willow Springs Rd.
and turn right
3. Go south on Willow Springs to Archer (first light)
turn left
4. Go east on Archer approximately 1 mile. School is
on the right. Entrance and parking in front

ALTERNATE SOFTBALL SITES

Games at WILLOW SPRINGS SCHOOL → Lions Park

1. Take Willow Springs Rd. to Archer and turn left.
2. Take Archer to Park and turn left.
3. Lions Park is at the end of Park (dead end street).

Games at FOREST PARK MIDDLE SCHOOL → Forest Park

1. La Grange Rd. north to Roosevelt Rd. & turn right.
2. Take Roosevelt to Des Plaines - turn left.
3. Take DesPlaines to Harrison – turn right.
4. The field is on the left side of Harrison.

Games at PARK JR. HIGH → Hainesworth Park

1. Take LaGrange Rd. to 31st Street – turn right.
2. Take 31st St. to Barnsdale Rd. – turn left.
3. Hainesworth Park is located at 26th St. and Barnsdale Rd.

Girls' games at MC CLURE JR. HIGH → Springdale Park

1. Take Wolf Rd. north just past 55th St.
2. Springdale Park is located on the right side between 55th & 47th St.

Boys' games at MC CLURE JR. HIGH → Spring Rock Park

1. Take Wolf Rd. north to 47th St. – turn left.
2. Spring Rock Park is located at 47th and Central.

ALTERNATE SOCCER SITES

Games at MC CLURE or HIGHLANDS → Spring Rock Park

1. Take Wolf Rd. north to 47th St. – turn left.
2. Spring Rock Park is located at 47th and Central

Games at PARK or GURRIE → Sedgwick Park

1. Take Wolf Rd. north Plainfield Rd. – turn right.
2. Take Plainfield Rd. to 55th St. – turn right.
3. Sedgwick Park is located at 55th and East Ave.

RESPONSIBILITIES AND COMMUNICATIONS

WHAT TO EXPECT FROM YOUR CHILD'S COACH/SUPERVISOR

- Thorough knowledge of the activity to adequately prepare members for their competitions or performances
- Written information regarding team/activity rules and consequences
- Written practice and game/performance information
- Adherence to established practice and game/performance schedules
- Supervision of participants at all times
- Respect for the integrity and judgment of game officials
- Respect for the integrity and personality of the individual participants

PARTICIPANT RESPONSIBILITIES

- Adhere to school rules at all times
- Care and return of all uniforms and equipment
- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and family
- Respect the integrity and judgment of game officials
- Understand team rules and consequences as established by the coach/supervisor

PARENT RESPONSIBILITIES

- Read, support and follow rules and consequences as established by the coach/supervisor
- Arrange to have prompt transportation for your child in regard to practices/games/meets/performances.
- Care and return of all uniforms and equipment, if applicable

SPECTATOR CONDUCT

- It is a privilege, not a right, to observe games/meets/performances
- Spectators are present to support the program, its participants and to enjoy the skill and the competition/performance
- Spectators are expected to understand that the school's activities are a learning experience for students and that mistakes are sometimes made
- Show respect for the opposing players, coaches, and spectators
- Respect the integrity and judgment of the game officials
- Do not use profanity, obscene language or improper actions

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH/SUPERVISOR

- Locations and times of all practices and games/performances
- Discipline that results in the denial of your child's participation
- Concerns regarding your child's role as a team/activity member

COMMUNICATION COACHES/SUPERVISORS EXPECT FROM PARENTS

- Notification of any schedule conflicts well in advance
- Concerns expressed directly to the coach/supervisor

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES/SUPERVISORS

- The treatment of your child, mentally and physically
- Ways to help your child improve

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play calling
- Other student athletes

Note: It may be difficult to accept your child's not playing as much as hoped. A coach makes decisions based on what is believed to be best for all involved.

ELIGIBILITY AND CODE OF CONDUCT

Pleasantdale Middle School offers a variety of athletic opportunities throughout the year. Participation in these activities is a privilege and not a right. It is the students' responsibility to maintain eligibility by meeting all academic and behavioral standards.

Academic Eligibility rules for athletics:

- * A student with three D averages or any F average is ineligible to **participate** in any practice or game.*
- * Ineligible students **must** still attend practices/games and will be provided academic study time.*
- * A student remains ineligible until their averages are raised to meet the criteria.*
- * Upon meeting academic requirements the student will need to have teacher(s) sign off on a re-entry slip to be given to their coach for full participation rights.*
- * Grade level teams will review student grades weekly. Every Friday students' eligibility will be determined.*

Other Eligibility:

- * A current sports physical is required to be on file in the school nurse's office **prior** to try-outs.*
- * Compliance with **Code of Conduct***

CODE OF CONDUCT

As a member of Pleasantdale Middle school athletic team, athletes are considered to be in positions of leadership, representing themselves, their families, the team, school, district and community. Therefore, along with the privilege of participation comes the expectation of a higher standard of behavior and conduct.

Students are expected to:

- * Follow districts discipline plan at all times*
- * Display good sportsmanship and citizenship*
- * Maintain good conduct and performance in classrooms*
- * Support individual and whole team efforts.*