

VII. ATHLETICS

PHILOSOPHY

Homewood-Flossmoor High School seeks to provide a broad and varied program of interscholastic athletics that will meet the needs and interests of high-skilled students. The administration and the coaching staff are primarily concerned with assisting students in acquiring the educational values inherent in a fine athletic program.

Athletic participation at Homewood-Flossmoor serves as an integral part of a student's educational experience. Experiences through athletics contribute greatly to the knowledge, skills and emotional patterns, which the student possesses. It is our belief that through athletics students are provided the potential for becoming better persons and citizens.

Participation in athletics is a privilege which carries with it responsibilities to the school, team, student body, community, and the athletes themselves. In play and in conduct, athletes represent all of these groups. Therefore, athletes are encouraged and motivated to want to win and to excel with the principles of good sportsmanship and fair play.

The athletic program is administered under the guidelines and jurisdiction of the Illinois High School Association, the Southwest Suburban Conference, and ultimately by the Administration and Board of Education of the school district.

OBJECTIVES:

1. To select activities which are appropriate for the age, sex, and physical capacity of the participants and which meet their current needs and interest.
2. To provide skilled instruction (coaching) in all sports by competent, professionally educated teachers and leaders.
3. To place the welfare of the participants above any and all other considerations.
4. To provide proper medical supervision for all facets of the sport program.
5. To provide properly fitted equipment that is specifically designed for the particular sport and which affords maximum protection and the greatest freedom of movement.
6. To provide facilities that are official and which provide the optimum health and safety standards.
7. To provide a continuous program of school-community relations which emphasize the values of athletics as an integral part of the total educational curriculum.
8. To complement and supplement the goals of general education and those of Homewood-Flossmoor High School.
9. To provide equitable competition in a broad variety of interscholastic athletics.
10. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of each participant.
11. To encourage students to become participants and to participate in a variety of sports within the programs.

Illinois High School Association (IHSA)
Key Provisions Regarding IHSA Rules

The complete set of IHSA By-laws and Policies is available at www.ihsa.org.

ELIGIBILITY RULES

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal has questions or wishes assistance in answering your questions, the principal should contact the IHSA Office.

Information contained here highlights only the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal.

School Team Sports Season

1. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin to practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - a. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 - b. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
2. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

Physical Examination

You must annually have placed on file with your principal a certificate of physical fitness, signed and stamped by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal.

Attendance

1. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
2. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
3. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
4. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

1. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
2. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
3. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
4. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
5. You attend the private/parochial high school which one or both of your parents attended; or
6. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

Transfer

1. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. ***You cannot be eligible when you transfer until this form is fully executed and on file in the school office.***
2. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
3. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - a. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 - b. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 - c. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 - d. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time and the principals of both your former and the new school concur with your transfer.
 - e. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer.
4. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
5. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.
6. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
7. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal of the school into which you transfer before you participate in an interscholastic athletic contest.

Playing in Non-School Competition

1. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
2. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
3. If you wish to participate in a competition sponsored and conducted by the National Governing Body for the sport, your principal must request approval in writing from the IHSA Office prior to any such participation.
4. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
5. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

All-Star Participation

1. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided:
 - a. the high school season in that sport has been completed.
 - b. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
2. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer or volleyball, except that you may not do so during the school season for the sport.

Amateur Status

1. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost.
2. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$20.00 fair market value. There is no limitation on the value of your school letter.
3. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
4. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

Recruiting of Athletes

1. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
2. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
3. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete, which are not uniformly made available to all students who attend your school.
4. You may not receive an "athletic scholarship" or any other special benefit from your school, provided because you participate in athletics.
5. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement, which is not made available to all applicants who apply to or enroll in the school.
6. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal or an administrator at the school, not a member of the coaching staff.

Coaching Schools

1. A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the school which the student attends.
2. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.
3. You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:
 - a. You may not attend a coaching school, camp or clinic for any sport after Saturday of Week No. 4 in the IHSA Standardized Calendar (July 31, 2004).
4. You may take a private lesson at any time provided no more than two students from your school are in the private lesson.

Misbehavior During Contests

1. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
2. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

H-F STUDENT-ATHLETE PROVISIONS

SOUTHWEST SUBURBAN CONFERENCE

Andrew High School	Lincoln-Way Central High School
Bradley-Bourbonnais High School	Lincoln-Way East High School
Bolingbrook High School	Lincoln-Way North High School
Homewood Flossmoor High School	Lockport High School
Joliet High School	Sandburg High School
	Stagg High School

PHYSICAL EXAMINATIONS

1. It is the responsibility of the head coach of each sport and the athletic administration to make sure that all team members have a physical examination for the current school year and that their IHSA physical examination card is on file in the Athletic Office.
2. Winter and spring sport coaches should check the physical examination cards on file to ensure that members of their teams have a physical examination for the current school year.
3. If a student has not had an examination, one must be secured and a card filed before practice/participation will be permitted.
4. IT IS AN IHSA RULE THAT ALL STUDENTS MUST HAVE A PHYSICAL EXAMINATION, EACH CALENDAR YEAR, BEFORE PRACTICE OR PARTICIPATION IN ANY SPORT.

ATHLETES ABSENT FROM SCHOOL

1. A student athlete absent from school on the day of an athletic contest cannot participate in a contest on that day.
2. If the student had previous permission from the administration to be absent, he/she may participate and/or practice.
3. A student absent on Friday may participate in Saturday practices and/or contests.
4. If a student is absent for one-half day only, he/she may participate in a contest or may practice on that day providing the absence was an excused one.
 - a. At least 3 periods on a 50 minute day
 - b. At least 2 periods on a block day
5. It is the responsibility of all coaches to check the absentee and suspension lists and not let students practice or participate in a contest on the day(s) they are absent or suspended. Attendance records should be kept accurately.

TRANSFER STUDENTS

A **transfer student** is anyone who has attended another high school **or** an incoming freshman who transferred into H-F after the first attendance day of the new school year. In both cases, the transfer student must to be cleared by the Athletic Office and the IHSA before he/she will be allowed to participate in athletics.

INTERSCHOLASTIC SPORTS THAT FALL UNDER THE ABOVE GUIDELINES:

Fall

Football
Girls Cross Country
Boys Cross Country
Field Hockey
Boys Golf
Girls Golf
Boys Soccer
Girls Swimming
Girls Tennis
Girls Volleyball

Winter

Boys Basketball
Girls Basketball
Co-Ed Fencing
Girls Gymnastics
Ice Hockey
Boys Swimming
Wrestling
Cheerleading
Pom-Poms

Spring

Badminton
Baseball
Boys Gymnastics
Co-Ed Lacrosse
Girls Soccer
Softball
Boys Tennis
Boys Track
Girls Tack
Boys Volleyball
Boys Water Polo
Girls Water Polo

Cheerleaders

Cheerleaders (girls and boys) provide leadership in the development of school spirit within the student body. The varsity squads are composed of juniors and seniors who cheer at varsity interscholastic games and meets. They also plan and conduct the school pep assemblies. The freshman squad leads cheers for the home freshman interscholastic games. Cheerleading is open to all students. Tryouts are held each spring.

SQUAD SELECTION AND RETENTION

1. Those individuals finally selected as squad members on any athletic team shall be considered as members of the team through the completion of that regular sports season unless they are removed for disciplinary reasons, scholastic ineligibility, or mutual agreement between player and coach.
2. Coaches have the responsibility for the selection of specific squad members for tournament competition and at that time may release those members of the squad not involved in the tournament series, if they (the coaches) so desire.
3. All squad members who complete the season may participate in the athletic award ceremonies regardless of whether they are recipients or not.
4. No athlete dropped from a squad for disciplinary reasons, scholastic ineligibility, or mutual agreement of player and coach shall participate in the athletic award ceremonies or receive an award.

DUAL PARTICIPATION

1. No athlete shall be permitted to participate simultaneously in two or more sports during the same sport season unless both coaches agree.
2. Athletes shall be encouraged (not discouraged) to participate in a variety of the interscholastic sport offerings.

CHANGING SPORTS

1. No athlete removed from or who removes himself from an athletic team will be permitted to begin practice in another sport until the season of the sport in which he/she was involved has been completed.
2. A season is "completed" after the team has played its final interscholastic contest.
3. An athlete may be permitted waiver of this policy by agreement of the head coaches involved (the one he/she left and the one he/she is going to) and final approval by the athletic administration.
4. Under no circumstances should a "change of sport" occur without first carrying out the above process.

INJURIES

The coach should:

1. Require all student athletes to report all injuries (cuts, bruises, scratches, etc.)
2. If a student needs medical care, notify the parents and make arrangements through them for hospital or medical care.
3. Fill out an accident report form.
4. Have on file in your office a standard emergency card and parent consent form with the name, address and phone number of the student and the name and phone number of the family physician.
5. Remember to have the student obtain an insurance form from the building nurse when he/she returns to school if he/she has been to a physician or to the hospital.

ATHLETES AND PHYSICAL EDUCATION

1. If a student drops or is dropped from a varsity squad, the student's schedule for physical education will remain the same, unless schedule change possibilities are available.
2. Varsity team members may be excused from participation in physical education on the day of an athletic contest. This determination is the sole responsibility of the student's physical education instructor.
3. A physical education exemption is allowed while participating in a sport. Athletes should see their counselor for the petition form.

Dress Code and Traveling

1. Team members always dress appropriately when traveling or attending special banquets.
2. Athletes requesting not to ride the bus to/from a contest must submit a note to and receive approval from the Athletic Office at least 24 hours in advance.

INTERSCHOLASTIC ELIGIBILITY

To be eligible for participation in interscholastic contests or activities, a student must have earned 2.5 credits during the previous semester. Up to 1.0 credits of earned summer school credits may be applied to the prior spring semester total to qualify for first semester eligibility. Students may apply up to .5 summer school credits to the fall total to qualify for second semester eligibility. The difference in treatment is because the IHSA requires students to pass four courses (2.0 credits) in the previous semester. Application of credits earned in summer school may not be duplicated. Credits earned may be applied only during the school year following the summer session. Correspondence classes may not be used towards athletic eligibility.

WEEKLY ELIGIBILITY CHECK

1. Teachers declare all failures on Thursday.
2. Coaches are notified on Friday.
3. Ineligibility period begins the next Monday and covers one week.
4. Athletes must earn 2.0 credits weekly.

SCHOLASTIC ENCOURAGEMENT

The coach should:

1. Keep informed of the scholastic standing of squad members and encourage them to improve academically.
2. Check the ineligibility list each semester.
3. Drop all non-participants and/or ineligibles immediately and add all new eligibles promptly.

INTERSCHOLASTIC ATHLETIC ELGIBILITY – DRUG TESTING

Board of Education Policy 6525

The Board of Education believes that the use of alcohol or drugs by students who participate in interscholastic athletics presents a particular hazard to the health, safety and welfare of the student athlete and to those who compete with the student. The Board encourages students to participate in interscholastic athletics, but believes the opportunity to try-out and participate in school sponsored interscholastic athletics is not an absolute right. Rather, it is a privilege offered to eligible students on an equal opportunity basis. To be eligible to try-out for, or to participate in, any school-sponsored interscholastic athletic program, students must agree to submit to testing for the use of drugs, if selected, in accordance with this policy.

The purpose of this policy is to protect the health, welfare and safety of students engaged in interscholastic athletics. It is to better to assure the student athlete's health and physical fitness to participate in athletics and not to provide a means which the district may use to punish a student athlete other than by disqualification from participation in interscholastic athletics. Accordingly, the results of any drug test administered under this policy shall be used only for determination of eligibility to try-out for, participate in interscholastic athletics. Accordingly, the results of any drug test administered under this policy shall be used only for determination of eligibility to try-out for, participate in interscholastic athletics and for no other disciplinary purpose.

The Superintendent shall establish a procedure for Board Approval for drug testing of students participating in interscholastic athletic competition.

GENERAL ATHLETIC AWARDS

The officially encouraged award apparel for display is the white or red sweater of a selected style, either cardigan or pullover. The white or red sleeved letter jacket may also be used.

The awards are identified as follows:

Freshman- Numerals: 3-inch red chenille class numerals for year of graduation.

Sophomore- Minor Letter: 6-inch red chenille block "H-F"

Junior Varsity- Letter: 6-inch red chenille script "H-F"

1st Yr Varsity - Varsity Letter: 8-inch red chenille script "H-F"

2nd Yr Varsity - Chevron

3rd Yr Varsity - Small Plaque

4th Yr Varsity - Large Plaque

- An athlete will receive only one letter per varsity sport in their high school career.
- A certificate of merit will be given to each award recipient.
- An athlete who is a three-sport team member will be awarded a white star-shaped chenille patch with the words "All Around" in the center.
- Four-inch double felt conference champion patches will be awarded to sophomore teams that win a conference championship. The color of the patch will be red with white letters.
- Four-inch chenille conference championship patches will be awarded to varsity teams that win a conference championship. The color of the patch will be white with red letters.

Any team winning a regional or sectional championship, or placing fourth or higher at the state meet will receive a 5-inch chenille State of Illinois patch. The color of the patch will be white with red letters.

VIII. EXTRA CURRICULAR PROGRAMS

CLUBS AND ACTIVITIES

H-F staff encourages all students to be involved in an extra-curricular activity, whether it is sports or other IHSA competitive activities, or one or more of the following activities. Club activities are announced on VTV or information is available in the Student Activities office. Should a student have a desire to begin a new club, information can be picked-up in the Student Activities office.

INTERSCHOLASTIC ELIGIBILITY

To be eligible for participation in interscholastic activities, a student must have earned 2.5 credits during the previous semester. Up to 1.0 credits of earned summer school credits may be applied to the prior spring semester total to qualify for first semester eligibility. Students may apply up to .5 summer school credits to the fall total to qualify for second semester eligibility. The difference in treatment is because the IHSA requires students to pass four courses (2.0 credits) in the previous semester. Application of credits earned in summer school may not be duplicated. Credits earned may be applied only during the school year following the summer session. Correspondence classes may not be used towards activity eligibility.

INTERSCHOLASTIC ACTIVITIES THAT FALL UNDER THE ABOVE GUIDELINES:

<i>Band</i>	<i>EDDA (Literary Magazine)</i>	<i>Science Olympiad</i>
<i>Chess</i>	<i>Group Interpretation</i>	<i>Skills USA/VICA</i>
<i>Choir</i>	<i>Mathletes</i>	<i>Speech</i>
<i>Contest Play</i>	<i>National Honor Society</i>	<i>Student Council</i>
<i>Debate</i>	<i>Odin (Yearbook)</i>	<i>Visual Arts</i>
<i>DECA</i>	<i>Scholastic Bowl</i>	<i>Voyager (Newspaper)</i>

BUS PASSES

Students may ride the 4:15pm activity buses with authorization via a special pass from the sponsor of the club in which the student is a member of.

FIELD TRIPS

A field trip is an extension of a school program. Activity field trips must be held **outside the regular school day**. Student behavior is governed by the same guidelines as during the regular school day on campus. Refer to the Field Trips of the Student Conduct Code section for field trip guidelines.

POSTERS

Only school-related organizations may solicit, advertise, and/or sell on school property. All posters for meetings, advertising, and fundraising activities must be approved by the Student Activities Office prior to being posted. All others are subject to confiscation. For out-of-school school organizations, refer to the Posters-Advertising-Fundraising-Solicitation of the Student Conduct Code section.

Afro-Academic, Cultural, Technological, and Scientific Olympics (ACT/SO)

The objective of ACT/SO is to prepare, recognize, and reward African-American youths who exemplify scholastic and artistic excellence. One of the activities is to promote academics in the Arts and Sciences. Students compete in their local ACT-SO competitions held in April and May and first place winners advance to the National ACT-SO Competition held in July.

Amnesty International

This worldwide organization is committed to protecting human rights locally and globally by reporting and informing the public, governments, and organizations regarding practices of governments or groups in terms of their human rights practices. The chapter at H-F has written letters to the government and United Nations officials, organized petitions to protect workers' rights, sponsored a forum concerning the occupation of Iraq, and many other practices to protect and promote human rights locally and worldwide.

Animal Rights Club

This club works together with the Endangered Earth Club to educate members and their peers on ways to take care of the environment and the creatures that live in it. Each group does their own volunteer work while coming together on larger projects in the school and community. Their goal is to increase general knowledge on cruelty-free living and the importance of compassion to ALL animals.

Anime Club

The club meets to view current anime' selections chosen by its members. The selections are viewed weekly from 3:15 until 4:00pm. Membership is open to all interested students and faculty.

Association of Latin American Students (ALAS)

ALAS Club activities include typical club activities such as Homecoming Booth, celebration of Latino Holidays, fundraising, supporting a needy family during the holidays, restaurant field trips, Latin American Film festival, bowling, etc. Project Hope is one of the two academic activities in which our members participate. This project is sponsored through GSU; its principal goal is to encourage Latino youth to maintain high grades in elementary and high school and to continue their education after high school. National Hispanic Institute (NHI) – offers summer programs to high achieving high school students.

Athletic Training Aides (ATA)

H-F students assuming the responsibilities of and ATA are presented opportunities to observe and participate in sports medicine experiences under the direct supervision of a Certified and Licensed Athletic Training Professional. Students are taught the concepts of injury management, assessment, and rehabilitation through training room and game coverage exposure. Students are selected upon successful enrollment of HFHS's Introduction to Sports Medicine Class and interview with the Certified Athletic Trainers. Athletic Training Aides must meet requirements in observing/working in the training room set by the ATCs and pay all applicable dues to maintain their status as an ATA.

Automotive Club

The club is designed to promote professionalism in automotive technology. It is open to students enrolled in the Automotive Service classes and Automotive Technology program. The club meets after school and on Saturdays to pursue common interests in automotive service and technology.

Band Club

The Band Club is a combination of all bands at H-F, including Symphonic Band, Wind Ensemble, Concert Band, and Percussion Ensemble. All of the bands have elected officers and as the larger Band Club, take part in fundraisers during the year to help generate funds for supplies not normally covered by the school budget.

Chess Club

The H-F Chess team competes in a variety of competitions throughout the year in dual meets against our conference schools and in the state tournament. Competitors at every skill level are welcome, including novices desiring to learn the game.

Christian Prayer Club (CPC)

This club allows Christians to come together in fellowship to study the Bible and pray. This positive atmosphere allows students to make friends through spiritual discussions. Everyone is welcome.

Clothing and Interior Design Club (CIDC)

This club provides opportunities for students previously or currently enrolled in a Clothing and/or Design Class to develop their skills through community service activities and projects related to fashion and interior design. The club is associated with Family, Career and Community Leaders of America (FCCLA) where students enter in competitions and workshops throughout the year.

Computer Animation Club

This graphics art club helps students focus on various aspects of animation. Students use the tools on the computer to create kinetic art.

Computer Club

The purpose of the Computer Club is to provide an atmosphere in which students interested in computers and computer science can share their ideas, knowledge, and proficiency with other like-minded students. The Computer Club meets weekly in the Computer Users Center, which has a wide variety of equipment and software. Samples topics include PC design, repair, and gaming.

Computer Science Club

This club is designed to help students develop their computer science skills by creating web sites or software for other students, teachers, and organizations. Therefore, it is preferred that the student has completed at least one course in some type of computer science course such as Java, Visual Basics, C++ ,or a course in web development.

Contest Play

This is a 40 minute version of a play which is performed with full stage costumes, makeup, scenery, properties, sound effects, and lighting. Actors and technicians rehearse and construct scenery throughout the third quarter and participate in competitive performances at the SWSC Festival and the IHSA state competition in March.

Debate

This program provides opportunities for all students to participate in extracurricular debate. Any student may participate as long as he/she has the time and interest. Homewood-Flossmoor Debate teams travel to tournaments throughout the area through the months of October-March. Individuals also have the opportunity to participate in "audience" and open forum debate within the community. There are several debate areas: Novice Debate Team, Junior Varsity Debate Team, Varsity Debate Team, Lincoln Douglas Value Debate, and Student Congress Legislative Debate.

Distributive Education Clubs of America (DECA)

DECA is a student-centered organization whose program of leadership and personal development is designed specifically for students interested in management, business ownership, or in majoring in business administration in college. Activities include social functions, academic workshops, and conventions which are held locally, within the state, and nationally. At these functions and workshops, students compete in various events including role-playing, in which they act out real-life business situations and use content knowledge unique to their area of business.

Drama Club

This club is open to all students interested in theatre arts. Members attend plays in the local and Chicagoland area on a monthly basis. Freshmen through seniors are welcome to join.

EDDA

Students are recommended for EDDA board by the English Department for their outstanding work. The board meets twice a week to review short stories, poems, and artwork, submitted by students. A vote is taken to accept or reject each item submitted. In May, the collection of writings and drawings is published and sold. EDDA members do not have to creative writers themselves.

Endangered Earth Club

This club works together with the Animal Rights Club to educate members and their peers on ways to take care of the environment and the creatures that live in it. Each group does their own volunteer work while coming together on larger projects in the school and community.

Expressions

This new dance team is for those girls who love to dance. There is no specific dance format – all forms of dance will be considered. Tryouts will be in September. Dedicated members must be in good academic standing.

French Club

Open to all students, the club organizes fundraising activities to help pay for trips to French restaurants such as Mon Ami Gabi and regularly participates in Homecoming festivities. Members engage in various French-related activities, including petanque, a Mardi Gras celebration, and the annual cookie-decorating contest.

French Cuisine and Conversation Club

The Club de Cuisine et Conversation allows students to practice speaking French with other each other in a relaxed environment while sampling various French foods. Crepes, fondue, and Belgian waffles are among the foods served.

French National Honor Society

The establishment of a chapter of the Societe Honoraire de Francais offers several potential benefits to a secondary French program. First, it provides an opportunity to recognize outstanding scholarship in the study of French language through selection for membership. Second, the chapter provides a vehicle for focusing activities around French language and literature and also for encouraging member participation in annual contests. In addition, there is the opportunity for students to experience leadership in serving as officers, directing the initiation ceremony, and/or leading other chapter events. Members are required to complete two French-related activities during the school year.

Friends of the Library *Advisory Board (FOLAB)*

The club is an association of persons interested in strengthening the library, enhancing its collections, and providing extra service to promote the library's usefulness to students at Homewood-Flossmoor High School. *Members assist the staff in the selection of books and materials, planning events and activities, as well as sponsoring and raising funds for the annual scholarship/essay contest.*

Friends of Rachel (FOR)

The club is based on an essay entitled "My Ethics, My Codes of Life" written by Rachel Joy Scott, one of the students killed at Columbine High School on April 20, 1999. Club members have accepted Rachel's Challenge to motivate and equip students to embrace new values of kindness and compassion so that no child is left behind because of fear and violence in their school.

Gay-Straight Alliance

The Gay-Straight Alliance (GSA) is open to all H-F students that affirm the goodness, worth, and dignity of every person in the school community. The club strives to raise awareness of issues related to the gay and lesbian community in the school and beyond. In an open environment, students can express themselves without binding claim to sexual or affectional orientation and promote equality and justice for all students. The club takes part in various social events throughout the year, participates in fundraisers, and has goals of initiating social awareness and service projects.

Group Interpretation

This is a 30 minute version of any type of literature which is then performed with a uniform costume on a minimalistic set. Sound effects are permitted but no lighting, specific costuming, properties, or makeup is allowed. Actors and technicians rehearse and construct scenery throughout the third quarter and participate in competitive performances at the SWSC Festival and the IHSA state competition in March.

Inspirational Voices

This choir sings music that is both inspiring and exciting to the ear all over Chicagoland.

Intramurals

Intramural opportunities are open to all students in the high school, regardless of his/her abilities. The program promotes the enjoyment of participation against fair and equal competition within our institution. There are several leagues and tournaments played during the various sessions. Intramural activities are co-ed and include touch football, bowling, indoor soccer, basketball, floor hockey, badminton, volleyball, plus a variety of other events and activities.

The objectives of the program are:

1. To provide assistance, consultation, supervision, facilities, equipment, and officials for the enjoyment of recreational and competitive activities.
2. To assist in the welfare of participants through selection of activities, proper safety regulations, and sound accident procedures.
3. To offer a variety of activities balanced between vigorous and moderate exercise through individual and team sports, which meet the present interest and future needs of participating students.

Investment Club

The goal is to provide guest speakers to explain the principles of short and long term investments in financial and real estate markets. It provides a forum for members to discuss questions and concerns regarding post-graduation investment objectives. Members also participate in an ongoing National Stock Market Simulation.

JLY Club

This club is open to everyone in the H-F community. It gives students from the high school a chance to interact with students that they might not meet otherwise. The club also gives students from the Life Skills program a chance to experience high school in a more fulfilling way. Through the year, we do various service activities (i.e., Christmas Angels) and social activities (i.e., dances, Bull's games).

Key Club

Key Club is a service organization for high school students sponsored by a local Kiwanis Club of leading professional business people. It operates under school regulations and draws its membership from the student body. Key Club develops initiative, leadership ability, and good citizenship practices. There is also a district and an international level, which are highly developed and uniquely structured, and provide Key Clubbers the opportunity to relate to teenagers from all across North America and the Caribbean.

Election of Officers

Election of new officers (president, vice-president, secretary, treasurer, and bulletin editor) should be held at a meeting in February and they should take office in May.

Election of directors (one from each class) shall be held at the first meeting following the opening of school in the fall.

All officers and directors who are members in good standing shall be eligible for re-election.

Election Procedures

First Election Meeting Day:

Open nominations submitted. Someone seconds the motion. The nominee accepts the nomination.

Second Election Meeting Day:

Open nominations submitted. Someone seconds the motion. The nominee accepts the nomination.

Third Election Meeting Day:

All nominees present a speech explaining why they want the position. The voting period begins.

Fourth Election Meeting Day:

The voting period ends. All votes including absentee ballots are submitted.

Fifth Election Meeting Day:

The positions for the new officers are announced. The new officers shadow the current officers until they officially assume their positions on May 1.

Machine Shop Club

This club meets after school to promote involvement in the area of woodworking, machining, and welding. Students have opportunities to develop a skill and/or make a project to take home. They will get a better understanding of machine tool technology and preparation for the state competition in machine tools.

Mathletes

Mathletes purpose is to recognize mathematical ability, encourage independent study, stimulate interest in mathematics, and provide an opportunity to meet other students that enjoy mathematics. Mathletes is intended for students with a strong interest and ability in mathematics. Mathletes practices once a week for five SWSC competitions spanning from September through February. The fifth competition is our conference meet. In late February we compete at our annual Regional Competition and if students qualify they complete at the State Competition held in early May

Mock Trial

Mock trial offers high school students the opportunity to learn what it is like to prepare and present a legal case before the Illinois Courts. Students will become more familiar with the law, courtroom procedures, and the legal system while improving the basic skills of listening, reading, writing, analyzing, speaking, and working as a team. While students will participate in various mock trail presentations, the culminating event is the mock trail presentation in Springfield, Illinois.

Model United Nations

The Model United Nations Club focuses on understanding issues facing the international community and the varied responses of countries to those issues. Club members also examine the workings of the United Nations and how it attempts to solve global problems. At Model U.N. conferences, students represent a country and attempting to work with "countries" to pass a resolution in response to a problem. Students in the club must engage in extensive research to prepare for conferences, and the dress code at conferences in Western business attire.

Multi-Cultural Club

The club represents the various cultures of our students, staff, and world. The mission of the club is to educate others on the heritages and traditions of cultures of those different than one's own.

Music Network

The club is designed to promote musical diversity and is for anyone who likes music, who wants to learn more about music, or who wants to meet other music lovers. Students will learn about different genres of music and listen to and share different types of music with their peers. This club is a great way for students to meet new people and expand their musical tastes.

Musical

Auditions are open to all students for membership in the cast. Anyone who is interested may work on crews. Rehearsals are held after school and in the evenings with a performance scheduled for November. The musical is one of the highlights of each school year and participation in it is an unforgettable experience.

National Honor Society (NHS)

The National Honor Society mandates that members be selected on the basis of Scholarship, Character, Leadership, and Service. Membership is determined on the following basis:

Scholarship: Juniors and seniors with a G.P.A. in the top 20% of their respective classes will be ACADEMICALLY ELIGIBLE. Character, leadership, and service are also considered.

Character: The National Honor Society Handbook states, "Any member who deliberately violates a school (code, regulation, rule) or civil law or acts in a manner unbecoming as a member of the National Honor Society, should be dismissed. For flagrant violations the member does not necessarily have to be warned." The Advisory Committee will review the discipline and attendance records.

Faculty members have an opportunity to vote confidentially for induction of candidates known by the faculty member. The faculty member "should consider the positive aspects of character, including honesty, responsibility, fairness, courtesy, tolerance, and cooperation."

Leadership: Advisers, sponsors, directors, and coaches of events, activities, clubs, and sports will be asked to consider a candidate's leadership contributions: situations in which students are directly responsible for directing or motivating others. Classroom leadership will also be considered by the faculty.

Service: Candidates are given the opportunity to list service contributions. No more than two activities (school and/or community) from each of the freshman and sophomore years and three activities from the junior and, in the case of seniors, the senior year will be considered. The appropriate adviser, sponsor, director, or coach will be asked to verify the candidate's service.

Students who are academically eligible in the junior year, but are not inducted, may still be considered for membership in the senior year. In order for students to remain members in good standing, the student must maintain the required G.P.A. and service hours must be completed.

National Art Honor Society (NAHS)

The National Art Honor Society chapter insures and recognizes those students who have shown outstanding ability in art. NAHS members maintain a 3.0 GPA on a 4.0 scale in their art classes. Students are eligible once they have completed three semesters of art. Activities include college visits, museum and gallery trips, and art-related community service. The NAHS will foster excellence and a dedicated spirit to the pursuit of art, further creative abilities and talents of the Society's members, as well as the school's entire student enrollment. The chapter will aid members in working toward the attainment of their highest potential in an art area and bring art to the attention of the school and community. The NAHS will help increase an awareness of art in relation to other areas of the school curriculum while furthering awareness in all aspects of the school's total program.

Nutrition

The club broadens students' knowledge of healthy eating and exercise habits, promotes positive body images, and explores how good nutrition lays the foundation for a fulfilling life of future wellness. Ideas regarding the promotion of nutrition awareness throughout H-F and the surrounding communities are welcomed. Healthy snacks are provided at the meetings.

Operation Snowball

Operation Snowball is a weekend experience provided for teens to build confidence, help them be a positive influence on each other, share accurate information for decisions about their lives, and "help healthy kids stay healthy." Peer leadership is emphasized. A portion of the program always includes information about use, misuses, and abuse of alcohol and drugs. Student concerns are discussed.

Orchestra Club

Orchestra Club is a social and service organization for students involved in the H-F orchestra program. It operates under school regulations and draws its membership from Viking Orchestra and Chamber Orchestra. Orchestra Club develops initiative, leadership ability, and good citizen practices under the direction of officers elected from each orchestra. The Orchestra Club officers form the Orchestra Council. The Orchestra Council sponsors and develops projects around orchestra events and all-school occasions such as homecoming. Orchestra Club traditionally sponsors annual attendance at a Chicago Symphony Orchestra concert, an annual humanitarian project, and one other annual social outing.

Peer Helpers

The Peer Helper program was developed as a way of helping youth within the school environment to deal with the problems that confront them. Peer Helpers include a cross-section of students and adults. Peer Helpers receive training communication, decision-making skills and resources to assist youth. Peer Helpers are involved in a variety of activities at Homewood-Flossmoor High School, i.e., Peer Communication, Peer Mentoring, Children Learning Other Ways Naturally (CLOWN), Teens Against Tobacco Use (T.A.T.U.), and Students for a Drug Free Tomorrow (SFDFT).

Peer Mediation

Conflicts between students are a part of daily life in schools. Mediation is a conflict resolution approach in which disputants have the chance to sit face-to-face and talk, uninterrupted, so each side of the dispute is heard. After the problem is defined, solutions are created and then evaluated. The trained peer mediators are the people who lead this process. The mediator does not take sides and keeps all information confidential. Mediation is a skill that involves good communication, problem solving and critical thinking.

Peer Tutoring

Students help their peers complete homework assignments by tutoring them after school in the library on Tuesdays and Thursdays throughout the year.

Political Action Club (PAC)

PAC allows students to engage in the political system by learning about campaign techniques and discussing political decision making. Members share their views and discover the intrinsic values of politics.

Real Efforts Against Children's Hunger (REACH)

REACH is a student-directed effort to help meet the needs of hungry children in the United States and Third World Countries. Students have sponsored a child, collected food and toys, and participated in other projects.

Ready Informed Girls Hang Together (R.I.G.H.T.)

RIGHT provides a place for girls to meet and interact in a more relaxed, yet structured and supervised environment after school. Students will meet regularly to discuss topics, attend workshops, participate in community service projects, and participate in mentor/mentee programs to become strong, informed and well rounded young women.

Scholastic Bowl

The Scholastic Bowl is an IHSA interscholastic competitive activity, where two schools compete to answer questions involving factual knowledge, quick recall, intuitive guessing and many other types of questions. The format is two teams of 5 individuals who compete both to see what individual can answer a question the quickest, as well as, conferring with all teammates on multi-part questions. This fast-paced competition has students buzz in to give their answers on a Jeopardy-style electronic system.

Science Olympiad

Science Olympiad is a team activity designed to promote and inspire students' interest in science. The goal is for students to develop teamwork and utilize problem solving skills in science.

Skills USA

Skills USA is a national professional student organization made up of state and local chapters serving high school and college students. Members participate in leadership and training programs for technical, skilled, health, and service occupations. Members compete in leadership and skills conferences locally, statewide, and nationally.

Spanish Club

The purpose of the Spanish Club is to promote a better understanding of Spanish customs and languages as well as to provide many social activities for the members. Meetings are held weekly to conduct business and plan activities.

Spanish National Honor Society

The purpose of this organization is to recognize high achievement in Spanish by high school students and to promote a continuity of interest in Hispanic studies. Sophomores, Juniors and Seniors are eligible for membership based on academic achievement and teacher recommendation, after completing three semesters of high school Spanish.

Speech Team

Tryouts and sign-ups are held in the fall. The season runs from the end of the October to the end of February. Novice and Varsity Teams compete throughout the state in areas of public speaking and dramatic performance events. These events can be solo, duet, or group.

Steppers Squad

The H-F Steppers provide a different and unique way to demonstrate school spirit through hand clapping. The routines are synchronized dances steps designed to energize the audience. The club is open to all students who want to demonstrate their school spirit. The Steppers perform at varsity basketball games, as well as pep assemblies.

Students for a Drug Free Tomorrow

This is an organization of students who provide awareness in prevention/intervention concerning alcohol, tobacco, drugs, drinking and driving, and AIDS, etc.

Student Government Election Procedure

Comprised of the Executive Board and the representative body, officers must be members of the student body of Homewood-Flossmoor High School and members of the classes which they represent. Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The Executive Board consists of a President, Vice-President, Secretary, and Treasurer elected by the student body whereas the Activities Chairperson is an appointed position. The representative body shall consist of four elected candidates from each of the four classes and an unlimited number of representatives from each class.

In order to be a candidate for the Student Government Executive Board, one year of active participation in Student Government as a representative or class officer is required. The election of the Executive Board and sophomore, junior, and senior class officers will occur in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. Freshman officers will be elected in the fall. Freshman wishing to be considered an active representative must submit petitions at this time.

Thespians

The organization promotes theatre quality at Homewood-Flossmoor. Students who are involved in Homewood-Flossmoor productions of the Fall Musical, Reader's Theatre, Contest Play, Children's Play and Spring Play are awarded points. Once a student has 25 points, he/she is eligible for membership. Activities of the group include attendance at plays, trips and improvements of the theatre plant.

Tri-M Music Honor Society

This is an international music honor society for secondary school students that motivates and recognizes musical achievement and service. Tri-M was originally founded in 1936 at Maine Township High School in Park Ridge, Illinois by Alexander and Francis Harley under the name "Maine Music Masters". In 1952, the Harley's developed the idea into an international organization and renamed it the "Modern Music Masters".

Varsity Club

The Varsity Club will consist of Student-Athletes who have received a Varsity Letter from any Athletic Program at H-F. The purpose of the Varsity Club is to encourage participation in athletics and other school activities. The Varsity Club promotes school spirit and takes a role to enhance the athletic programs. The Varsity Club will seek to involve student-athletes who strive to reach high achievements in academics and athletics. It is a service organization, working for the general welfare of the school. The Varsity Club will look to work hand-in-hand with different organizations in the H-F Community such as the Parents Organization Promoting Sports (P.O.P.S.). It is an organization of fellowship that works toward inspiring young men and women to maintain high standards as student-athletes

VAST

The club provides young people opportunities to meet with other people their age on a social level and to plan outings together. VAST alumni and current VAST members meet twice a month, once for a meeting and once for a planned outing, such as bowling, movies, parties, or talent shows.

Viking Broadcasting Company

VBC is open to all students interested in radio and television broadcasting. Ordinarily, students enrolled in the radio or television sequence fill student senior staff positions. However, any student may try out for positions as music, news, sports and Viking television announcers. The VBC operates WHFH (88.5 FM) and Viking Television.

Visual Arts Club

Visual Arts Club is open to any H-F student who has taken or is currently in an art course. It is designed to assist in creating and executing the monthly VAC shows held in the South District Conference Room as well as offer an opportunity for students to enjoy and learn about the arts prior to joining National Art Honor Society.

Voyager

Anyone who has writing talent and likes to write may want to enroll in the Journalism I class or the Journalism Seminar class to become a part of the newspaper staff. **THE VOYAGER** is the *official* student newspaper of Homewood-Flossmoor High School and is the product of duly authorized academic classes held during the official school day throughout the academic year. Permission to distribute any other student newspaper must be obtained from the Principal's Office in advance.

Yearbook

Odin, the yearbook, is a co-curricular activity. Members must be enrolled in the yearbook course along with attending meetings outside of class to work on production of the publication. Yearbook is an elective course offered through the Fine Arts department. Students will analyze trends in media, such as magazines, web sites, and other published materials. They will combine their observations with ideas they have gathered from yearbooks around the country to develop a theme and create graphic elements that will tie the book design and content together. In the process they will learn basic graphic design language. They will become familiar with using digital cameras, scanning, using programs such as Adobe In-Design and Photoshop 7.0. As a member of the Odin staff, they will work together to create a book that represents what our school is and does in order to preserve memories for years to come.

Youth and Government

The Youth and Government program provides students with experience in the democratic process through a simulation of the state government. Students work as "legislators" identifying problems that can be solved through government action at the state level. They then write bills that address those problems and work for passage of the legislation in Springfield in a simulated assembly in the Capitol Building with students from across the state. Other aspects of the simulation allow students to work as lobbyists, lawyers, and members of the press.

ZooBot

ZooBot Club is open to all H-F students who are interested in the study and care of animals. Students will have opportunities to care for these animals at home. Money raised from fundraisers such as dog bathing or the sale of candy/animal crackers, help members care for the H-F animals.