



# *Voyage to Excellence*

## 2022 - 2023



# **WELCOME**

## **Students and Parents to**

# **VOYAGE TO EXCELLENCE**

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## *CLASS OF 2027*



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### **BOARD OF EDUCATION (2022-2023)**

**Gerald Pauling II, President**  
**Debbie Berman, Vice President/Secretary**  
**Steve Anderson**  
**Michelle Hoereth**  
**Pam Jackson**  
**Nathan Legardy**  
**Cynthia Turnquest**

**Dr. Scott Wakeley, Superintendent**  
**Dr. Clinton Alexander, Principal**

### ***Vision Statement***

Let here prevail the greatest expectations in academics, civil responsibility,  
and personal growth within a diverse community.

### ***Mission Statement***

The quality of each student's life improves through the educational experience at Homewood-Flossmoor High School.

The institution upholds the highest standards of intellectual growth, and ethical, aesthetic, occupational, emotional, social, and physical development in an expanding global society. With belief in the fundamental worth and dignity of all individuals and recognition of diversity of backgrounds, abilities, interest, and aspirations, individuals will learn to respect the rights of others.

**[www.hfhighschool.org](http://www.hfhighschool.org)**  
**999 Kedzie Avenue**  
**Flossmoor, IL 60422**  
**(708) 799 - 3000**

## Voyage to Excellence Booklet Index



### Welcome and Mission Statement

Pages 4-5	<i>Homewood-Flossmoor High School Faculty and Staff</i>
Page 6	<i>Summer Academy</i>
Page 7	<i>Assessment Department</i>
Page 8	<i>Special Education Department</i>
Page 9	<i>Information Services Department</i>
Page 10	<i>We Are H-F!!</i>

Page 11	<i>Career &amp; Technical Education Department: Business and Technology Education</i>
Page 12	<i>Career &amp; Technical Education Department: Family and Consumer Sciences</i>
Page 13	<i>Career &amp; Technical Education Department: Industrial Technology and Engineering</i>
Page 14	<i>Fine Arts Department: Broadcasting and Theatre</i>
Page 15	<i>Fine Arts Department: Music</i>
Page 16	<i>Fine Arts Department: Visual Arts</i>
Page 17	<i>English Department</i>
Page 18	<i>Mathematics Department</i>
Page 19	<i>Driver's Education Department</i>
Page 20	<i>Health Education Department</i>
Page 21	<i>Physical Education Department</i>
Page 22	<i>PE Course Selections</i>
Page 23	<i>Reading Department: Reading Instruction/Seminar In Teaching &amp; Learning</i>
Page 24	<i>Science Department</i>
Page 25	<i>Social Science Department</i>
Page 26	<i>World Language Department</i>

Pages 27-28	<i>Activities Department</i>
Pages 29-48	<i>Activities Programs</i>
Pages 49-50	<i>We Are H-F Activities!!</i>

Pages 51-52	<i>Athletic Department</i>
Pages 53-60	<i>Athletic Programs</i>
Page 61	<i>Athletic Coaches</i>
Page 62	<i>We Are H-F Athletics!!</i>

*8to18 Activities Links*  
*8to18 Athletics Links*

# We are H-F!



**Administration**

Dr. Scott Wakeley  
Dr. Clinton Alexander  
Jodi Bryant  
Dr. Lawrence Cook  
Dr. Quitman Dillard  
Carla Erdey  
Craig Fantin  
Dr. Jen Hester  
James Patterson  
Jennifer Rudan  
Shannon Swilley  
Angela Taylor

**Activities**

**\*Smith, Gail x5525**

**Assessment**

**\*Kush, David x5585**

**Athletics**

**\*Lyke, Matt x5003**

**Career & Technical Education**

**\*May, Ben x5660**  
Alexander, Courtney  
Andrews, Chante  
Beebe, Nate  
Brown, Daniel  
Clark, Christina  
Kelly-Morton, Khayla  
Marassa, Alyssa  
Merchantz, William  
O'Neill, Mike  
Pesha, Courtney  
White, Tiffany  
Thomas, Kevin

**Alumni Relations**

**\*Cherry, Ann x5530**

**Campus Store (Cashier)**

Lewis, Rionne X5570

**Diversity, Equity, & Inclusion**

**\*Cook, Catherine x5154**

**English**

**\*Miller, Jeanne x5575**

Badger, Tracy  
Brown, Reggie  
Calderon, Anne  
Corso, Jeffrey  
Day, Amie  
Doyle, Savannah  
Drude, Alana  
Golliday, Bailey  
Gould, Daniel  
Holdren, Matt  
Howard, Lauren  
Kucharski, Rachael  
May, Carrie  
Miller, Jason  
Mulling, Kanoa  
Mustafah, Sahar  
Odeh, Ameera  
Ogunleye, Jasmine  
Pack, Mary Kate  
Pittman, Sarah  
Sauvage, Leah  
Stewart-Williams, Tiffany  
Upton, Joseph  
Vallicelli, Jake

**Deans**

Alexander, Terrell  
Brown, Catherine  
Geijer, Brett  
Klawitter, Dave  
Maniatis, Chris  
Wells, Zachary

**Fine Arts**

**\*Wargo, Jackie x5640**

Cassady, Deena  
Ciesielski, Mark  
Engrav, BJ  
Healy, Rebecca  
Helsel-Wilk, Candi  
Love, Tremaine  
McDermott, Charlie  
Petecki, Greg  
Reidel, Christopher  
Roundtree, Karen  
Sifner, Steven  
Whitlock, Sarah  
Willard-Rose, JR

**Guidance Counselors**

**\*Schmidt, James x5650**

Coy, Kevin  
Edwards, Dawn  
Kain, Brad  
Keca, Ashley  
Leverson, Lindsay  
Maul, Lorrie  
McCarthy, John  
Mitchell, Danielle  
Olson, Karen  
Palermo, Dana  
Sauder, Melissa  
Singleton, Renard  
Staples, Tiphnee  
Suarez, Roberto

**Mathematics**

**\*White, Rob x5710**

Alex, Ashley  
Assise, Rob  
Barajas, Anthony  
Chapel, Bob  
DeSanti, Mary  
Fasse, Paul  
Furlong, Scott  
Griffin, Kim  
Jones, Melissa  
Laba, Tim  
Lessentine, Sandra  
Lowe, Prince  
Madison, Tiffany  
Mattia, Terry  
McCabe, Betsy  
McClain, Dan  
McLaughlin, Jim  
Nardella, Jodi  
Noble, Dana  
Sacks, Michael  
Sokoloski, Jim  
Veldboom, Rick  
Ward, Charlie  
Ward, Sara

**Information Services**

**\*Richardson, Steve x5740**

Adams, Brian  
Burke, Laura  
Davis, McKinley  
Diachenko, Brian  
Dvorkin, Brian  
Eberle, Brian  
Lambert, Darnise  
Perozzi, Dion  
Schmidt, Christy  
Senne, Scott

<b>Library</b>	<b>Reading</b>	<b>Social Science</b>	<b>Special Education</b>
Bagatella, Teresa	<b>*Freeman, Lauren x5009</b>	<b>*Annello, Nick x5655</b>	<b>*Dore, David x6997</b>
Rodriguez, Alicia	Cicero, Tom	Acena, Butch	Alexander III, Terrell
	Cole, Kathryn	Aronson, Scott	Bercot, Evan
	Diachenko, Adrianna	Baumstein, Hailey	Byrd, Jennifer
<b>Nurses</b>	Hendricks, Courtney	Davis, Krystal	Carroll, Emily
Gates, Linda	Jones, Nicolas	Davis, Terri	Collins, Walter
Parker, Lottie	Perisin, Kim	Day, Libby	Garcia, Amy
	Peterz, Kim	Doyle, Colin	Garland, Brian
	Reid, Chris	Duignan, Pat	Gaus, Andy
<b>P.E./Dr. Ed./Health</b>	Woods-Lenore, Beverly	Elfner, Jon	Giddens, Rachel
<b>*Vogel, Adama x5340</b>		Farkos, Allison	Harrington, Amanda
Boss, Cara	<b>Science</b>	Fieramosca, Amanda	Jackson, Shante
Brooks, Ausra	<b>*Smith, Kim x5590</b>	Jones, Hailey	Kapchinske, Nick
Bundy, Billy	Anderson, Rob	Kelly, Laura	Kluth, Tanya
Condotti, Marc	Banasiak, Steve	O'Donnell, Brian	Kuester, Shauna
DeBenedetti, Nick	Bonges, Matt	Schmidt, Alyssa	Lackey, Nick
Dombkowski, Keith	Coerper, Kristian	Schmidt, John	McLaughlin, Brian
Elkei, Kerri	Galich, Kevin	Small, Matt	Mucha, Tiffany
Holt, Monte	Gibson, Matt	Smit, Gil	Nieckula, Katie
Kavanaugh, Kelly	Gioiosa, Stephanie	St Leger, Bob	Perez, Crystal
Kruse, Tony	Kozik, Michelle	Treppa, Jeff	Pratt, Alexander
Olson, Eric	LaPlante, Jeanette	Venegas, Ted	Raglione, Matt
Olumstad, Jennifer	Muller, Joseph	Youssef, Sara	Simmons, Fatima
Perry, Wayne	Nesbit, Nate		Tenny, Anna
Ramos, Matt	Pavinato, Rick	<b>Social Workers</b>	Vargas, Veronica
Ridgway, Ken	Peto, Amy	Cavazos, Myrna	Veal, Amiee
Rudnik, Cody	Pontow, Brendan	Cowan, Jocelyn	
Smith, Tony	Roberts, Evan	Hurdle, Heithon	<b>World Language</b>
Sopron, Kelsey	Sheriff, Ryan	Jones, Gregory	<b>*Miller, Jonathan x5360</b>
Szymkowiak, Steve	Sippel, Todd	VanVliet, Danielle	Acebes, Sheila
	Slusinski, Gina	White, Lauren	Brown, Sara
	Stiglic, Chris	Zandi, Kristina	Ding, Yin
	Stolzenbach, Kathryn		Fine, Karen
<b>Psychologists</b>	Watkins, Jeanettra	<b>Speech Pathologists</b>	Hernandez, Brian
Boyd, Carla	Zimmerman, Corinne	Chasey, Lauren	Norris, Stefanie
Brennan, Marina		Kulma, Lindsey	Rios, Rudy
Shuck, Kofi			Salvato, Laura
		<b>Textbook Center</b>	Stiglic, Wendy
		Dowell, Alesha X5568	Wallace, Elizabeth

# Summer Academy

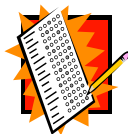
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## About the Academy

Summer Academy is a wonderful opportunity to prepare for the upcoming high school year. The Academy courses will run from June 12, 2023 - July 21, 2023.

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## Grading Policy



Summer Academy is a program based upon the concept of success for all. Academy courses receive grades of A, B or Pass. This system insures no student is penalized for seeking improvement or enrichment. If a passing grade is not earned, no grade or credit will be reflected on the student's transcript. Final exams are administered on the last day.

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## Purpose



The purpose of the Summer Academy Program is to develop those skills necessary to promote academic success in high school. The course content of Academy Program offerings includes higher order thinking skills, analytical discussions and writing, and reading at levels expected in upcoming courses. This is a wonderful opportunity for students who want to stretch academically and to further their proficiency in three content areas. The cost for the program is \$350. Enroll at the Campus Store during school hours or at the Incoming Freshmen Registration on February 11, 2023. For additional information on the Academy Program, contact Quitman Dillard, Summer Academy Principal, at (708) 335-5605.

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## Preparation for College Prep Courses



Each session will meet for one third of the assigned summer school day and will allow the student to earn 0.333 credit.

Prep for College Prep English I - 0007

Prep for College Prep Biology - 4007

Prep for College Prep Algebra I - 3007

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## Preparation for Honors Courses



Each session will meet for one third of the assigned summer school day and will allow the student to earn 0.333 credit.

Prep for Honors English I - 0008


Prep for Honors Biology I - 4008

Prep for Honors Algebra I - 3008





## Assessment Department



Freshmen	<p><b>Spring of Freshmen Year - PSAT 8/9 Assessment</b></p> <p>This test establishes a baseline of students' college and career readiness as they enter high school. It gives Freshmen the opportunity to preview the SAT, PSAT/NMSQT, and PSAT 10 exams. The school also uses the results of this test to customize instruction and monitor curriculum.</p> 
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Sophomores	<p><b>Spring Sophomore Year - PSAT 10 Assessment</b></p> <p>This test is similar to the PSAT/NMSQT. Although, it does not use the National Merit Scholarship program, it can connect students to other scholarship opportunities. Students will receive a score report that will assess their verbal, math, and writing skills.</p>
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Juniors	<p><b>Fall of Junior Year - PSAT/NMSQT Assessment (Optional)</b></p> <p>The PSAT helps H-F identify students with the potential to be successful in Advanced Placement (AP) courses and to identify students who qualify for the National Merit Scholarship Corporation. Students will receive a score report that will assess their verbal, math, and writing skills.</p>  <p><b>Spring of Junior Year - SAT Assessment</b></p> <p>This is a college entrance exam accepted by all four-year colleges and universities in the U.S. It consists of Reading, Writing &amp; Language, Math, and (optional) Essay sections.</p>
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Seniors	<p><b>Fall Senior Year - College Visit Day</b></p> <p><b>Spring Senior Year - College Visit Day</b></p> 
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## Special Education Department



Homewood-Flossmoor High School offers a full continuum of services to assist students in meeting their goals determined by their Individual Education Plan.

Programming and courses offered within the Special Education Department include academic classes designed to address the specific goals and objectives of students with disabilities.

### Study Lab

This is a support based program. Students are taught organizational skills, study skills and how to advocate for themselves. It is supported by a special education teacher and an assistant. This is a dedicated time for students to receive academic support. When a student's disability warrants environmental modifications, oral test delivery, extended time for testing, writing accommodations and/or other modifications, the Resource Room is utilized to insure that the students are able to achieve maximum performance on classroom based assessments.



### Life Skills

The goal of this program is for students to become as independent as possible in the areas of academics, communication, social skills, self-reliance, and vocational skills. Courses meet Homewood-Flossmoor Board of Education requirements for graduation and are aligned with the Illinois Learning Standards.



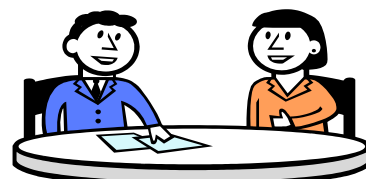
### Cross Categorical

The goal of this program is to assist students in becoming academically independent by learning strategies in the area of organizational skills, time management and note taking. Classes reflect academic core instruction but take into account students' needs for accommodation and modifications that reflect their IEP needs. Courses meet the Homewood-Flossmoor Board of Education requirements for graduation and are aligned with the College Readiness Standards.



### The Anchor Program

This program is designed for students who have emotional challenges. It is the goal of this program to teach self-worth, resiliency, and coping strategies within an academic framework of instruction. Courses meet the Homewood-Flossmoor Board of Education requirements for graduation and are aligned with the College Readiness Standards.

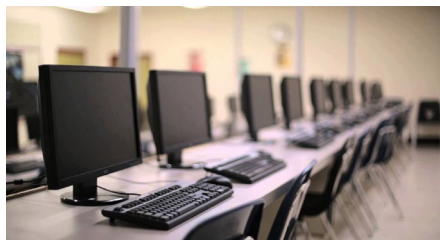


## Information Services Department

Information Services strives to provide the students and staff of Homewood-Flossmoor High School with current tools, knowledge, and data necessary to enhance critical thinking, analytical decision making and information gathering to foster academic success and personal growth.

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### Computer Network

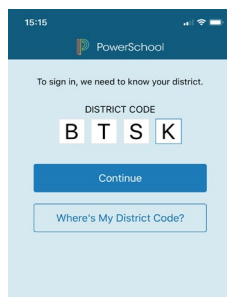


Students will be issued Gmail and network accounts during the registration process each year. Students can use their HF-issued **Gmail** account to access Google Apps for Education and Google Classroom, and to communicate with their teachers. Students can use their **network** account to access PowerSchool, PC's, and network-based software. Students having trouble accessing either account can always visit the Computer Services Department for assistance.



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### Online Grades



Student grades and attendance are available online via PowerSchool. PowerSchool can be accessed by students, parents, and legal guardians via a web browser and/or the PowerSchool mobile app. We highly recommend downloading the app, as it is the quickest and easiest way to stay informed.



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### Student Assigned Technology



Every student will receive an assigned Chromebook to be used throughout their H-F career. Chromebooks provide accessibility to assignments and Google Classroom on our completely campus-wide wireless network or from home. Smartphones can be used to check PowerSchool accounts and to access a virtual school ID.



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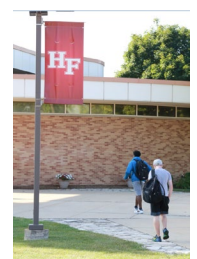
### G Suite for Education



G Suite is a set of productivity applications developed by Google and made available to schools at no cost. The suite of applications includes Gmail, Docs, Drive, and Google Classroom. Students and teachers can work collaboratively within this environment using just about any computing device that connects to the Internet.






## We Are H-F!!



## Career & Technical Education Department: Business and Technology Education

The Career & Technical Education Department is committed to offering all students opportunities for meaningful career-based learning experiences within the confines of a comprehensive high school setting. H-F's current course offerings reflect the economic and educational landscape of the 21st century, encompassing the study of Business and Technology Concepts, as well as the acquisition of practical skills, attitudes and knowledge relating to occupations in various sectors of economics and social life.

Courses Available	
<b>Business</b>	Introduction to Business CP Entrepreneurship & Management CP Sports and Entertainment Marketing CP Personal and Financial Investment H Business and Personal Law H Accounting H or CP 
<b>Career</b>	Career Internship Class CP Career Internship Employment CP 
<b>Technology</b>	Computer Applications CP Advanced Computer Applications CP Technology Support Internship CP 

*"Information technology and business are becoming inextricably interwoven. I don't think anybody can talk meaningfully about one without talking about the other."*

- Bill Gates

### Business Education....*The Intelligent Choice!*



#### TOP 10 REASONS TO TAKE BUSINESS EDUCATION

1. Learn how all career paths are affected by the world of business.
2. Understand your rights in the business world and learn how to protect yourself!
3. Improve your presentation skills and learn how to effectively communicate *your message!*
4. Achieve recognition through Student Organizations—DECA, FBLA, BPA.
5. Attend field trips and interact with guest speakers to gain insight into real-world business situations.
6. Earn recognition by competing in various business competitions at the local, state and national levels.
7. Learn essential business skills to become employable and marketable.
8. Explore possible career paths to *prepare you for your future.*
9. Choose from 10 different career pathways taught by teachers who are professionals in the business world.
10. Earn college credits at a fraction of the cost through dual credit at some high schools in conjunction with their local community colleges.





### Local Business Survey of Top 5 Employment Skills

1. Technology - basic understanding of the computer and Microsoft Office programs
2. Communication Skills - written, oral, and computer
3. Leadership Skills - ability to work and thrive within a team environment
4. Adaptation - ability to adapt to new and changing environments and responsibilities
5. Work Ethic - unselfish commitment, self motivation positive attitude, punctuality, and attendance


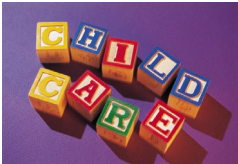



Our Business Department can help you develop these skills! Enroll in Technology classes today!



## Career & Technical Education Department: Family and Consumer Sciences

The Career & Technical Education Department is committed to offering all students opportunities for meaningful career-based learning experiences within the comprehensive high school classroom setting. These academic subject matters are taught with relevance to the real world. They provide students with employable skills related to the workplace. Our classes guide students through educational pathways that help them explore career interests.

College Credit at Prairie State College as well as Dual Credit can be earned by Juniors and Seniors that have successfully completed identified courses.

Elective Course Sequence	
<b>Career</b>	Career Internship Class CP Career Internship Employment CP 
<b>Child Development</b>	Child Development Theory and Lab CP Early Childhood Education H 
<b>Clothing</b>	Clothing Construction 1 CP Clothing Construction 2 CP Advanced Clothing Construction CP Special Projects H 
<b>Design</b>	Interior Design CP 
<b>Foods</b>	Culinary 1 CP Culinary 2 CP Advanced Culinary CP Special Projects H 



High school students are introduced to specific life skills that have practical lifetime application



### Family and Consumer Science Course Benefits

High school students increase their knowledge of nutritional science and develop their culinary skills

Students learn the essentials of clothing construction and interior design

Students gain knowledge about the development of young children and apply their learning in a supervised structured environment



## Career & Technical Education Department: Industrial Technology and Engineering

The Career & Technical Education Department is committed to offering all students opportunities for meaningful career-based learning experiences within the confines of a comprehensive high school setting. H-F's current course offerings reflect the economic and educational landscape of the 21st century, encompassing the study of technologies and related sciences, as well as the acquisition of practical skills, attitudes and knowledge relating to occupations in various sectors of economics and social life.

Project Lead the Way is a nationally recognized pre-engineering program which has credit sharing agreements with many colleges and universities throughout the United States.

Elective Course Sequence	
Automotive	Introduction to Small Engines CP
	Small Engine Repair CP
	Engine Repair CP
	Brakes, Steering & Suspension CP
	Automotive Electrical H
	Engine Performance & Automotive Management H
	Special Projects Auto or Small Engines Repair H
PLTW Engineering	Introduction to Engineering Design H
	Principles of Engineering H
	Special Projects Engineering H
	Computer Integrated Manufacturing H
	Digital Electronics AP/IB
	Civil Engineering and Architecture AP/IB
	Engineering Design and Development AP/IB
Woodworking & Welding	Woods and Metals CP
	Woods Technology and Process CP
	Machine Tool Technology CP
	Welding Technology 1 CP
	Welding Technology 2 CP
	Welding Fabrication and Advanced Processes CP
	Special Projects Metals H



PLTW is more than just science, technology, engineering, and mathematics. It's about learning real skills, solving problems, and making real discoveries about the world.

### Industrial and Technology Education Course Benefits

High school students are introduced to specific life skills that have practical lifetime application

Students have the opportunity to investigate career options

Students develop specific employable skills that will facilitate entry level employment and/or participation in post-secondary training



## Fine Arts Department: Broadcasting and Theatre

The Fine Arts Department believes that the quality of a student's life is uniquely enriched by the development of skills and values learned in the creation and/or performance of the Fine Arts. Study of the Fine Arts encourages students to function on multiple intellectual, analytical, thoughtful, and expressive levels. Students experience the challenge and discipline of being a part of live productions, partake in the analysis and critique of theatrical works, and develop a historical understanding of classical and contemporary theatre. Broadcasting and Film courses afford students the opportunity to use equipment of professionals to convey their journalistic and artistic ideas through the moving image. Students explore all elements of the digital production from brainstorming to filming and editing.

Course enrollment is contingent on prerequisites, auditions, training, and experience.



The Media, Visual, and Performing Arts Academy (MVP) program gives students the opportunity to develop their talents in an art focused field. MVP is designed to afford students who are passionate about their art a unique experience where art is the focal point of their education, the culmination of which is a collaborative project working with other creative thinkers to solve a real world problem.

Students focus on a specific art concentration, refining his or her craft through rigorous courses and participation in unique experiences throughout the program.

Elective Course Offerings	
<b>Freshmen</b>	Intro to Broadcast Production, Ethics & History CP Introduction to Theatre CP Digital Film Study H
<b>Sophomores</b>	Intro to Broadcast Production, Ethics & History CP Broadcast Production 2 H Introduction to Theatre CP Advanced Acting and Play Production H Digital Film Study H Digital Film Study 2 H
<b>Juniors</b>	Intro to Broadcast Production, Ethics & History CP Broadcast Production 2 H Broadcast Seminar H Introduction to Theatre CP Advanced Acting and Play Production H Digital Film Study H Digital Film Study 2 H Script Writing and Directing Lab H
<b>Seniors</b>	Intro to Broadcast Production, Ethics & History CP Broadcast Production 2 H Broadcast Seminar H Introduction to Theatre CP Advanced Acting and Play Production H Digital Film Study H Digital Film Study 2 H Script Writing and Directing Lab H Devised Theatre & Ensemble Playbuilding H
<b>Jr.</b>	<b>MVP Academy</b>
<b>Sr.</b>	Aesthetics and Creative Process Across the Arts H Design Thinking & Collaborative Arts Projects H



## Fine Arts Department: Music

The Fine Arts Department believes that the quality of a student's life is uniquely enriched by the development of skills and values learned in the creation and/or performance of the Fine Arts. Study of the Fine Arts encourages students to function on multiple intellectual, analytical, thoughtful, and expressive levels. Music is often a performing art. A performance before an audience provides a very tangible goal for rehearsal instruction.

The challenge and discipline of creating and refining music is more keenly felt when the culmination is a public performance. Not only is the performance a means of both individual and group evaluation, it is also a maturing educational experience for each performer.

Course enrollment is contingent on prerequisites, auditions, training, and experience.

Elective Course Offerings	
Band	Concert Band: Brass Ensemble CP
	Concert Band: Percussion Ensemble CP
	Concert Band: Woodwind Ensemble CP
	Symphonic Band: Brass & Woodwinds H
	Symphonic Band: Percussion H
	Wind Ensemble: Brass & Woodwinds H
	Wind Ensemble: Percussion H
Choir	<b>Co-Curricular Ensembles</b>
	Marching Vikings
	Pep Band
	<b>Extra-Curricular Ensembles</b>
	Jazz Bands
General	Pit Orchestra
	Concert Choir H or CP
	Treble Choir CP
	Viking Choir H
	<b>Extra-Curricular Ensembles</b>
Orchestra	Barber Shop Ensemble
	Beauty Shop Ensemble
	Viking Ensemble
	Guitar Ensemble CP
	The Industry of Music CP
MVP Academy	Viking Guitar Ensemble H
	AP Music Theory and Composition
	IB SL Music
	Chamber Orchestra CP
	Sinfonia Orchestra H
Jr. Sr.	Viking Orchestra H
	<b>Extra-Curricular Ensembles</b>
	Pit Orchestra
MVP Academy	Symphonic Strings
	<b>MVP Academy</b>
	Aesthetics and Creative Process H
Jr. Sr.	Design Thinking & Collaborative Arts Projects H



The Media, Visual, and Performing Arts Academy (MVP) program gives students the opportunity to develop their talents in an art focused field. MVP is designed to afford students who are passionate about their art a unique experience where art is the focal point of their education, the culmination of which is a collaborative project working with other creative thinkers to solve a real world problem.

Students focus on a specific art concentration, refining his or her craft through rigorous courses and participation in unique experiences throughout the program.



A ten-year study indicates that students who study music achieve higher test scores, regardless of socioeconomic background.

Dr. James Catterall, UCLA



## Fine Arts Department: Visual Arts

The Fine Arts Department believes that the quality of a student's life is uniquely enriched by the development of skills and values learned in the creation and/or performance of the Fine Arts. Study of the Fine Arts encourages students to function on multiple intellectual, analytical, thoughtful, and expressive levels.

Visual communication is part of daily life. A familiarity with the arts is an integral and essential communicative skill that links the human experience. A comprehensive Visual Arts experience engages the student in meaningful art criticism, aesthetics, history, and production. Process, craftsmanship, exposure, and connection to a worldview of art-making promote a standard of quality that enhances the individual's life.

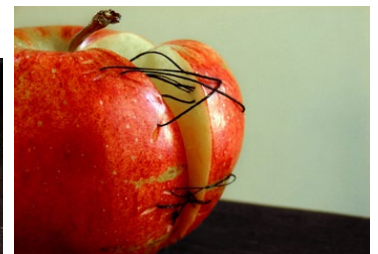
\*Course enrollment requires teacher consent and may be repeated for credit.



The Media, Visual, and Performing Arts Academy (MVP) program gives students the opportunity to develop their talents in an art focused field. MVP is designed to afford students who are passionate about their art a unique experience where art is the focal point of their education, the culmination of which is a collaborative project working with other creative thinkers to solve a real world problem.

Students focus on a specific art concentration, refining his or her craft through rigorous courses and participation in unique experiences throughout the program.





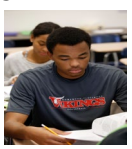



Elective Course Offerings	
Level 1	AP History of Art Interactive Web Design H Fundamentals of Art and Design CP Graphic Design 1 CP Photography 1 CP *Yearbook CP
Level 2	Drawing & Painting 1 H or CP Ceramics & Sculpture 1 H or CP Graphic Design 2 H or CP Photography 2 H or CP *Yearbook H or CP
Level 3	Drawing & Painting 2 H *Art Concentration (for Photo & Design) H *Digital Art Concentration *Yearbook H or CP
Level 4	IB SL Art *AP Studio Art *Art Concentration (for Painting, Drawing & 3D) H *Digital Art Concentration *Yearbook H or CP
Jr. Sr.	<b>MVP Academy</b>
	Aesthetics and Creative Process H
	Design Thinking & Collaborative Arts Projects H
<b>Extra-Curricular</b>	
National Art Honor Society Photography Club Visual Arts Club Yearbook	



## English Department

Throughout their four years of English studies, H-F students develop their reading, writing, oral communication, and critical thinking skills. As they study a variety of literary genres, students gain insight into the archetypal experiences of people of different cultures and eras, and they ponder critical questions of the human experience. Through researching, writing, and speaking for a variety of purposes, students further their abilities to form and support opinions in a clear, coherent manner. Thus, the English program at H-F develops students' transferable academic skills while simultaneously preparing them to be thoughtful, productive citizens of the world.

All students take a required course each of their four years at the AC, CP, Honors, AP, or IB levels. Courses at the Advanced Placement (AP) level are available only to juniors and seniors.




	Required Course Offerings	Elective Course Offerings
<b>Freshmen</b>	English 1 H English 1 CP English 1 AC English Language Learners 1 CP 	Introduction to Debate H Speech H Journalism 1 H Journalism 1 CP Creative Writing 1 H Creative Writing 1 CP 
<b>Sophomores</b>	English 2 H English 2 CP English 2 AC English Language Learners 2 CP 	AP Seminar H Introduction to Debate H Debate Seminar H Speech H Journalism 1 H Journalism 1 CP Journalism Seminar 1 H Journalism Seminar 2 H Creative Writing 1 H Creative Writing 1 CP Creative Writing 2 H Creative Writing 2 CP 
<b>Juniors</b>	IB English Language & Literature 1 H AP English Language & Composition H American Literature & Composition H American Literature & Composition CP American Literature & Composition AC English Language Learners 3 CP 	AP Seminar H AP Research H African-American Literature H African-American Literature CP Introduction to Debate H Debate Seminar H Speech H Speech: Principles of Communication H Journalism 1 H 
<b>Seniors</b>	IB English Language & Literature 2 H AP English Language & Composition H African-American Literature & Composition H African-American Literature & Composition CP African-American Literature & Composition AC Contemporary Literature H Contemporary Literature CP Contemporary Literature AC English Language Learners 4 CP Introduction to College Composition CP 	Journalism 1 CP Journalism Seminar 1 H Journalism Seminar 2 H Creative Writing 1 H Creative Writing 1 CP Creative Writing 2 H Creative Writing 2 CP English Through the Humanities H English Language Learners Peer Leaders H 

## Mathematics Department

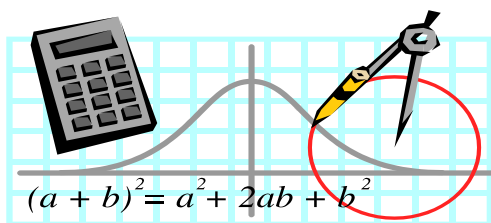
The Mathematics Department of Homewood-Flossmoor High School strongly believes that all students should have the opportunity to learn mathematical concepts and skills necessary to prepare them for any post secondary experience. It is our expectation that students will reach their highest level of mathematics by utilizing critical thinking skills, engaging in exploration and discovery activities, and solving complex problems. To accomplish this, teachers will implement various learning strategies and techniques, employ technology and evaluate student progress using multiple forms of assessment.

All students take Algebra 1, Geometry, and Algebra 2/Trigonometry as part of the graduation requirements.

NOTE: Based on class performance, sequences may be altered.

Required Course Sequence	
Algebra 1 H	
Algebra 1 CP	
Algebra 1 CP Double Block	
Algebra 1 AC	
Geometry H	
Geometry CP	
Geometry CP Double Block	
Geometry AC	
Algebra 2 & Trigonometry H	
Algebra 2 & Trigonometry CP	
Algebra 2 & Trigonometry CP Double Block	
Algebra 2 & Trigonometry AC	
Pre-Calculus H	
Pre-Calculus CP	
Principles of Pre-Calculus CP	
Calculus H	
AP Calculus AB	
AP Calculus BC	
IB Math 1 - Calculus AB	
IB Math 1 - Calculus BC	
IB Math SL Math	
IB Math HL - Calculus BC	
IB Math HL - Advanced Math Topics	

Elective Course Offerings
Quantitative Literacy CP
Math Senior Leaders H
AP Statistics
Introduction to Computer Science H
AP Computer Science Using Java
AP Computer Science Principles
Advanced Computer Science H



### Technology



Students in all Math classes use a graphing calculator. All of our classrooms are equipped with SMART Board® interactive whiteboards. SMART Board® technology allows the students enhanced interaction with mathematics.



## Driver's Education Department

The Driver's Education program is designed to cultivate a healthy attitude of defensive driving, as well as responsible and cooperative use of the highway transportation system. It aims to provide students with the information necessary to develop a thorough understanding of the safe and efficient operation of motor vehicles.

Required Course	
Sophomores	Driver/Safety Education CP (7305/7306)

Enrollment in classroom Driver Education shall be by birthdates, with pre-established cut-off dates based upon older students receiving first semester instruction, and younger students second semester instruction.



Students may be enrolled in the Behind-the-Wheel phase of the Driver Education program directly from the classroom course (7305/7306). Students will be selected for this course from a "lottery" type system, taking into account teacher and vehicle availability. Students unable to complete this phase during the school year may register in March for the Summer School Program. There is a lab fee for the BTW phase of the program.



### Students Will Learn To...

- Perform life saving rescue techniques - CPR & AED
- Evaluate traffic scenes in order to make safe and effective decisions while driving
- Understand the risks and consequences involved with operating a vehicle while under the influence of drugs or alcohol
- Understand the financial and practical aspects of owning a vehicle
- Explain how overall attitude can affect safe driving



### Students Will Understand...



- The Illinois Rules of the Road
- How to adapt to a variety of driving conditions
- The basic techniques of operating a vehicle



## Health Education Department

Effective human productivity depends upon optimum physical well-being and healthy living. With the belief in the fundamental worth and dignity of individuals and recognition of diversity of backgrounds, abilities, interests, and aspirations, students will be provided with an opportunity to develop lifelong healthy habits.

The Health Education program promotes the knowledge and skills essential to the development of the optimum level of emotional, mental, social, and physical health in an expanding global society.

Required Course Offerings	
Freshmen	Health CP (7595)
Elective Course Offerings	
Juniors	Introduction to Sports Medicine H (7597) 
Seniors	Introduction to Sports Medicine H (7597) 



### Students Will...

- Understand body systems
- Promote and enhance health and well-being
- Analyze how stress can affect health
- Identify warning signs of various disorders
- Evaluate the benefits of a drug-free, alcohol-free, and tobacco-free lifestyle
- Develop strategies for preventing communicable diseases
- Analyze how environmental conditions can affect health



### Health Elective: Introduction to Sports Medicine

This is a one-year Honors course open to Juniors and Seniors. The Introduction to Sports Medicine Class is a very challenging, high-level course of study designed for those interested in athletic training, sports medicine, physical therapy, exercise science, EMS, or any other related medical and/or sports field.

# Physical Education Department

Effective human productivity depends upon optimum physical well-being and healthy living. With the belief in the fundamental worth and dignity of individuals and recognition of diversity of backgrounds, abilities, interests, and aspirations, students will be provided with an opportunity to develop lifelong healthy habits. The curriculum is a sequence of learning experiences designed to fulfill the growth, development, and behavior needs of each student. The program strives to achieve the development of movement skills, knowledge, fitness, sportsmanship, and positive attitudes, which will make for a productive, active adult life.

All students are required to wear the H-F P.E. uniform for ALL P.E. Classes. Classes in the pool require an appropriate swimsuit as outlined in the Physical Education section of the Parent-Student Handbook. No see-through suits. Girls: full coverage one-piece, no mesh Boys: suit must be lined, no cut-offs or gym shorts  
\*Course enrollment requires teacher consent.

Course Offerings	
<b>Freshmen</b>	Physical Education CP (7401/7402) Adapted Physical Education (7600/7601)
<b>Sophomores</b>	Physical Education CP (7301/7302) Adapted Physical Education (7600/7601)
<b>Juniors and Seniors</b>	Adapted Physical Education (7600/7601)  Lifesaving CP (7160) Lifeguards H (7181)  Beginning Dance CP (7168) Dance Choreography & Performance CP (7170)  Outdoor Education Skills CP (7205/7206)  Team Games & Sport Skills CP (7210/7211)  Strength & Performance CP (7220/7221) Strength & Performance Program Development H (7218/7219)  HF H.I.I.T. CP (7575/7576)  Individual & Lifetime Activities CP (7227/7228)  Personal Fitness CP (7240/7241)  *Leaders in Training H (7250/7251) *Senior Leaders H (7260/7261)  Unified Physical Education (7610)



## Students Will...

- Understand how to develop a strong, healthy body
- Develop good health habits
- Develop athletic and fitness skills for use now and in adult life
- Understand the social values inherent in competitive activities
- Identify the need to maintain an active lifestyle and develop a wholesome attitude towards their physical selves
- Participate in leisure time activities that will allow them to benefit from the social growth these activities provide
- Understand fitness assessments and how to develop an individual fitness plan for maintenance or improvement of personal fitness



## Students Will Learn To...

- Use fitness technology - heart rate monitors & pedometers
- Develop personal fitness plans based on good fitness concepts

# PE Course Selections

## Freshmen

## Sophomores

FRESHMAN PE	SOPHOMORE COURSES
<b>A QUARTER</b> – Tennis, Softball, Field Games	<b>A QUARTER</b> – Touch Football, Water Games, Basketball
<b>B QUARTER</b> – Basketball/Weight Training, Line Dance, Swim	<b>B QUARTER</b> – Badminton, Pickleball, Ice Skating
<b>C QUARTER</b> – Basketball/Weight Training, Line Dance, Swim	<b>C QUARTER</b> – Ice Skating, Team Handball, Weight Train/PilloPolo
<b>D QUARTER</b> – Tennis, Softball, Field Games	<b>D QUARTER</b> – Softball, Volleyball, Soccer

*One Semester of Health Required during Freshman Year*

*Driver Education available during Sophomore Year*

## Juniors & Seniors

LEADERS IN TRAINING * (Juniors Only)			
<b>Semester 1</b> <b>A QUARTER</b> Warm-up Techniques Fitness Testing, Administration Practical Application Drill Planning, Presentation Individual Activities Overview, Safety (Fen, Ten, Bad, Arch, Golf)	<b>B QUARTER</b> Cardiovascular Training, Use of Technology Strength Training Team Sports Overview, Safety (VB, BB)	<b>Semester 2</b> <b>C QUARTER</b> Skating CPR Swimming	<b>D QUARTER</b> Field Officiating (Soccer, TFB, Field Hockey, Ultimate Games, Lacrosse, Tennis)

### SENIOR LEADERS \*

**Semester 1 & 2** - Assist assigned Teacher with the running of their class

Unified PE	LIFESAVING *	LIFEGUARDS *
<b>A QUARTER</b> Touch Football, Swimming, Soccer	<b>Semester 1 and/or Semester 2</b> Lifeguard certification	<b>Semester 1 and/or Semester 2</b> Supervision of Pool During PE classes
<b>B QUARTER</b> Basketball, Volleyball, Recreational Games	<b>D QUARTER</b> Swimming, Dance, Track & Field	

TEAM GAMES AND SPORT SKILLS	INDIVIDUAL & LIFETIME ACTIVITIES
<b>Semester 1</b> Touch Football, Soccer, Ultimate Games Volleyball, Basketball, Floor Hockey	<b>Semester 1</b> Tennis, Backyard Games, Social Dance Figure Skating, Fencing, Self Defense
<b>Semester 2</b> Basketball, Team Handball, Floor Hockey Softball, Lacrosse, Ultimate Games	<b>Semester 2</b> Bowling, Badminton, Bags Archery, Golf, Disc Golf

OUTDOOR EDUCATION SKILLS	HF HIIT	FITNESS AND PERFORMANCE*	FITNESS AND PERFORMANCE: THEORETICAL DEVELOPMENT*
<b>Semester 1 and/or Semester 2</b> Camping, Fitness, Archery Survival, Orienteering CPR, Wilderness, First Aid Canoeing, Fishing, Fitness, Kayaking	<b>Semester 1 and/or Semester 2</b> Fitness & Exercise Heart Rate Monitoring Various Training Methods · Weight/Resistance Training · Interval Training · Core Training · Speed Training Nutrition Education Program Development Body Composition Education	<b>Semester 1 and/or Semester 2</b> Biomechanics of Exercise Program Development and Assessment Weight training Anatomy-Physiology Speed Training Conditioning, Flexibility Training	<b>Semester 1 and/or Semester 2</b> Goal Planning Program Development, Design, and Assessment Performance testing analysis Biomechanics of Exercise Weight training Conditioning, Flexibility Training Anatomy-Physiology Speed Training

PERSONAL FITNESS	Beginning Dance	Intermediate Dance*	Advanced Dance*
<b>Semester 1 and/or Semester 2</b> Pilates, Step Aerobics Kickboxing, Yoga Weight Training, Core Ball Fitness Program Development	<b>Semester 1 and/or Semester 2</b> Fundamentals History of Dance Jazz, Tap, Ballet, Hip-Hop, Modern Technique Introduction to Cultural Dances Dance Fitness Exercises	<b>Semester 1&amp;2</b> Intermediate skills in Jazz, Tap, Ballet, and Modern Artistic Ability to Choreograph Organization and Decision- making skills for music, movement Recital	<b>Semester 1&amp;2</b> Advanced Techniques Artistic Ability to Choreograph Organization and Decision- making skills for music, costumes, lighting and practice schedules. Recital of Original Dance Piece

\*Indicates courses requiring written approval by the teacher

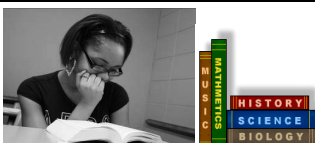
## Reading Department

### Reading Intervention / Personalized Learning Time

Students have a variety of strengths and needs in reading; thus targeted reading intervention is beneficial. The goal of reading intervention is to give students the skills, strategies, and knowledge to read fluently and understand a variety of texts for various purposes. Reading is a skilled and strategic process in which learning to decode and read words accurately and rapidly is fundamental. Reading entails processing the information provided in text through active engagement and a connection to prior knowledge.

Students struggle at different times, for different reasons. Personal Learning Time offers targeted academic intervention to support high levels of learning across the content areas. Students gain access to a variety of H-F resources available to them throughout the school day while engaging on content specific work.

Students may be required to enroll in one or more of these courses as outlined in H-F Board Procedure 6721-C.

	Reading Course Offerings	Personalized Learning Time Course Offerings
<b>Freshmen</b>	Personalized Learning Time AC	Intervention for Success (IFS)
<b>Sophomore</b>		Intervention for Success (IFS)
<b>Juniors</b>	Personalized Learning Time Leadership H	Intervention for Success Leadership (IFS) H
<b>Seniors</b>	Personalized Learning Time Leadership H	Intervention for Success Leadership (IFS) H

#### Skills of Academic Literacy



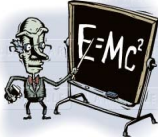
- Alphabetical Principle
- Comprehension
- Constructing Well-formed Oral Expression
- Constructing Well-formed Written Expression
- Creating Predictions
- Decoding
- Fluency
- Imaging
- Inferring
- Letter Sound Correspondence
- Making Connections
- Monitoring Predictions
- Phonetical Awareness
- Previewing Text
- Self Questioning
- Summarizing
- Vocabulary Acquisition
- Word Identification and Word Study



## Science Department

The science curriculum is designed to facilitate the transformation of all students into life-long problem solvers. Through experimentation, inquiry, critical thinking, and teamwork, all students will be provided with the experiences necessary to become responsible decision makers in this increasingly technological world. In the Science Department, we invite students to explore as many science courses as they desire. We offer a wide range of electives to help students experience every branch of science. Homewood-Flossmoor requires three years of science to graduate; however, many of our students enroll in four years of science.

All students take Biology, Chemistry, and Physics as part of the graduation requirements. Courses at the Advanced Placement (AP) level are available to sophomores, juniors and seniors.

Required Course Sequence	
Biology H Biology CP Principles of Biology CP	
Chemistry H Chemistry CP Principles of Chemistry CP	
Physics H Physics CP Principles of Physics CP	
Elective Course Offerings	
AP Biology AP Chemistry AP Environmental Science AP Physics 1 AP Physics 2 AP Physics C IB Physics 1 HL IB Physics 2 HL Geology & Astronomy H College Engineering (Dual Credit Option) Forensic Science H Microbiology H Zoology & Botany H or CP (Seniors only)	

### Technology

Many courses make use of the latest technologies as tools to enhance learning. Ten lab rooms are equipped with computer-assisted probes. In addition, students regularly participate in computer simulations via the internet.



### Diverse Electives

\*Our electives provide greater opportunities for learning in areas that are of particular interest to individual students.

\*H-F is one of the few high schools to offer courses in microbiology, forensic science, college engineering, and zoology/botany.

\*Electives in physics, biology, chemistry, environmental science, astronomy, geology, and forensic science provide students with the opportunity to get a head start on exploring possible majors in college.



### District 233 Science Staff

The science department boasts the Microsoft Technology Award.

Several staff members hold advanced (MS) degrees in their content area and have relevant industry experience.





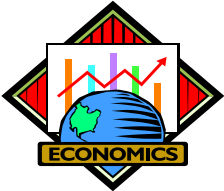
The staff are also members of state and national professional organizations.



## Social Science Department

Courses in Social Science are critical to the balanced development of high school students. History, economics, psychology, geography, sociology and political science each provide a unique window to a deeper understanding of oneself and the world. Through these experiences, students prepare themselves more fully to become educated and active citizens in a democratic society. These courses also sharpen skills necessary for success in school and in life. Through the study of challenging content, students develop their ability to think, read, write, and speak more effectively.

All students are required to take World History, US History, Economics, and US Government & Politics.  
All students must also pass a test on the US and Illinois Constitutions as part of the graduation requirements.

	Required Course Offerings	Elective Course Offerings
<b>Freshmen</b>		AP Human Geography Geography CP 
<b>Sophomores</b>	AP World History World History H World History CP World History AC 	AP Human Geography Geography CP AP US Government and Politics
<b>Juniors</b>	IB Theory of Knowledge 1 IB Economics AP US Government & Politics US Government & Politics H or CP or AC AP US History US History H US History CP US History AC	African American History H or CP AP European History International Relations H or CP Introduction to Law H or CP IB Psychology HL1 AP Psychology Psychology H or CP Sociology H or CP 
<b>Seniors</b>	IB Theory of Knowledge 2 AP Economics Economics H Economics CP Economics AC AP US Government & Politics US Government & Politics H or CP or AC 	African American History H or CP AP European History International Relations H or CP Introduction to Law H or CP IB Psychology HL2 AP Psychology Psychology H or CP Sociology H or CP



No matter what your choice, Social Science electives will help to prepare you for the standardized tests that come along during your high school years and for the required courses in World History, U.S. History, and Economics.



## World Language Department

The Philosophy of the World Language Department is based upon the premise that language and communication are essential to the cultural understanding necessary to function in today's global society. Our program focuses on communication, using the target language to learn, communicate, and enter another culture in our classrooms.

Colleges and universities vary in their language requirements depending on the school and major. Some colleges and universities require a minimum of 2 years in the same language; however, 3 and 4 year requirements are becoming more prevalent. Highly selective colleges generally require 4 years of language. More experience in a language makes a student more marketable in the college admissions process.

Elective Course Sequence	
Chinese	Mandarin Chinese 1 H Mandarin Chinese 2 H Mandarin Chinese 3 H Mandarin Chinese 4 H IB Mandarin Chinese SL  <b>一种语言永远不够</b>
French	French 1 H or CP French 2 H or CP French 3 H or CP French 4 H or CP AP French IB French SL  
Spanish	Spanish 1 H or CP Spanish 2 H or CP Spanish 3 H or CP Spanish 4 H or CP Spanish 5 CP AP Spanish 5 IB Spanish SL  

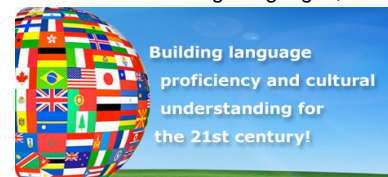


Students do more than just talk about other languages and cultures in language courses at Homewood-Flossmoor High School. Our World Language Curriculum is aligned to The American Council on the Teaching of Foreign Languages' (ACTFL) World Readiness Standards.

Students in our program will be able to:

- \* Communicate effectively in more than one language in order to function in a variety of situations and for multiple purposes.
- \*Interact with cultural competence and understanding
- \*Connect with other disciplines and acquire information and diverse perspectives in order to use the language to function in academic and career related situations.
- \*Develop insight into the nature of language and culture in order to interact with cultural competence.
- \*Communicate and interact with cultural competence in order to participate in multilingual communities at home and around the world.

ACTFL World Readiness Standards for Learning Languages, 2014



# Activities Department

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The Activities Programs are administered under the guidelines and jurisdiction of the National Federation of State High School Associations, the Illinois High School Association, the Southwest Suburban Conference, Activity Specific Associations, and ultimately by the Homewood-Flossmoor District 233 Board of Education.

Participation in activities at Homewood-Flossmoor High School serves as an integral part of a student's educational experience, reinforcing the belief in the fundamental worth and dignity of all individuals, recognition of diversity of backgrounds, abilities, interest, and aspirations, and learning to respect the rights of others.

The Homewood-Flossmoor High School Activities Department strives to provide a variety of lifelong learning opportunities through extracurricular/co-curricular programs to strengthen academic aptitudes, promote community service, develop social skills, learn effective coping mechanisms for emotional responses and relationships, cultivate leadership and governance, compete in interscholastic activities, appreciate artistic performances, inspire creativity and ingenuity, chronicle accomplishments and stories, and develop communication skills.

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The Activities Department is responsible for overseeing activities programs, organizing events, and memorabilia product services.

## Programs

1. Honor Societies – Recognize commitment to academic success & service
2. Peer Services – Provide academic and social assistance
3. Student Government – Governmental procedures, New Club Petitions, Homecoming Pep Assembly, Project Graduation
4. Competitive Activities – SWSC, IHSA, and Activities State/National Associations
5. Performance Groups – Music, Dance, and Theatre
6. Special Interest Groups – Student Initiated Clubs at H-F
7. Media – Provide schoolwide, athletic, and club announcements & highlights

## Events

1. New Student Orientation
2. Voyage to Excellence
3. Dances

## Services

1. Graduation Cap & Gown Measurements
2. Class Rings and Graduation Products
3. Yearbooks and Senior Recognition Ads
4. Freshmen, Sophomore, & Junior Yearbook Pictures
5. Senior Portraits
6. Graduation Candids
7. Athletic Team and Individual Pictures
8. Athletic Candids and Specialty Products
9. Dance Portraits
10. Activities and Performances Candids



Homewood Flossmoor High School FLOSSMOOR, IL

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Homewood-Flossmoor High School

## Activities Department

# We are H-F!



H-F Mascot - Victor Viking  
Activities teams are the VIKINGS.

*Fight on you Vikings, fight,  
For Homewood-Flossmoor High.  
Our banner Red and White  
Will fly proud and high in victory.  
Our team will claim the fame  
Of champions strong and free.  
Fight on, you Vikings,  
You fearless Vikings,  
Fight on to victory*

**Activities-Academic Eligibility** All incoming freshmen are eligible for activities participation first semester.

1. Weekly eligibility checks are done for all members in the following:  
Band, Chess, Choir, Contest Play, Debate, DECA, EDDA (Literary Magazine), Fencing, Group Interpretation, Inspirational Voices, Mathletes, Mock Trial, National Honor Society, Odin (Yearbook), Scholastic Bowl, Science Olympiad, Speech, Steppers, Student Council, Visual Arts, and Voyager (Newspaper)
2. All members must pass 5 classes on a weekly basis to be eligible in-season.
3. All members must pass 5 classes to be eligible for the next semester.
4. Summer School classes count towards the next semester eligibility (up to 2 classes)

## Websites



State Organization [www.ihsa.org](http://www.ihsa.org)  
Activity Specific Information  
State Series Information

H-F Activities <http://il.8to18.com/HFactivities>  
Schedules and Announcements  
Activities Documents and Links



## Southwest Suburban Conference



## Activities

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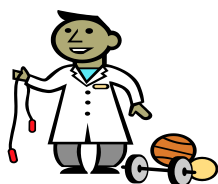
### Anime Club



Anime Club is for students who have an interest or curiosity about Japanese animation. Each meeting we watch a theme related anime show/movie that has been chosen by the anime club officers or participate in an activity related to anime. We also have monthly trivia days, drawing workshops, anime discussions, holiday parties, and more. We participate in school wide activities including Voyage to Excellence, Yearbook photos, working the concession stands, etc. Anime Club is a positive and safe place for students to hang out with others that share a similar passion for anime and be able to enjoy themselves. The club meets weekly until 4:00pm and once a month until 6:00pm.

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### Athletic Training Aides (ATA)



The Athletic Training Aides club gives real world experience to those interested in pursuing a career in healthcare. H-F students participating in this club are given the opportunity to participate in the healthcare of H-F's student athletes under the supervision of certified and licensed Athletic Trainers. Athletic Training Aides get the unique experience of being able to be present on the sidelines of all of H-F home athletic events while being taught the concepts of injury management, assessment, and rehabilitation. ATA's must meet requirements in observing and working in the training room set by the certified Athletic Trainers. Applicants are encouraged to participate in the summer camp and the sports medicine class offered at the honors level.

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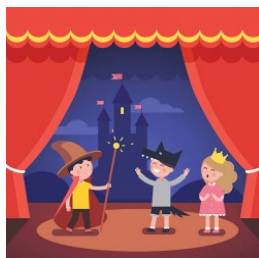
### Auto Club



Auto Club is a place where you can learn a variety of skills in addition to its main goal of training, maintenance, repair, and upgrading of the only school sponsored drag race car in the state. The Vikings Race Team placed 1st at the Byron Track Championship in 2019 and 6th place finish in 2018. Races take place on weekends April through October. The following are some things you will learn about or train for job skills, teaching, business management, team building skills, other performance applications, public relations, fundraising, life finance, and sales. Anyone can join as long as they can abide by all the safety rules.

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### Children's Play



Annually, around 40 students are involved in the cast and crew of the Children's Play. Auditions are held in August and the play is presented in early fall. Area schools in the community are invited to attend a special school performance. Our Children's Play have received much recognition from the Illinois Theatre Association. Several of our productions have been invited to perform at the annual Theatrefest. This is a great honor, since very few productions in the state are granted an opportunity to perform at the festival. Recent productions include *A Year with Frog and Toad*, *Jackie & Me*, *Akeelah & the Bee*, and *The Last Stop on Market St.*

## Activities

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### Chinese



The club promotes the study of China, the people, the culture, and the Chinese language. Enrichment activities include history and current events, cuisine, martial arts (Taiji), paper cutting for the Chinese New Year decorations, popular games and sports, and TV shows and movies about conventions. Through these activities, students will be able to dispel stereotypes and develop a new perspective regarding China and its culture. Club membership appeals to students in the Mandarin Chinese classes, but is open to any student interested in the Chinese language and culture.

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### Christian Leaders Unity Board (C.L.U.B.)



C.L.U.B. provides an inclusive space for Christians to grow in unity, love, and leadership. This positive atmosphere allows students to make friends through spiritual discussions. Discussions are led by students. Members participate in team building activities. Members lead in community outreach opportunities to make a difference. All students are encouraged to join.

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### Choir - Viking Ensemble



This is the premier representative group of the Choir Program within the community. This auditioned group of students meets twice weekly after school on Tuesdays and Thursdays for 45 minutes in M02. They are expected to have skills to learn repertoire independently and learn their parts in advance of the group's rehearsal. Rehearsals may be added on Fridays with advance notice during peak performance seasons. Students may elect to participate in the ILMEA All-State Audition Process.

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### Computer Club



H-F Computer Gaming 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. Towards the end of each quarter, the club sponsors a lock-in where students have the opportunity to play a variety of computer games, watch movies, and listen to audio recordings.

## Activities

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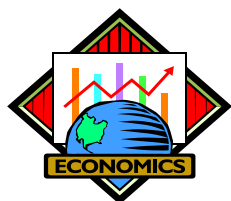
### Distributive Clubs of America (DECA)



DECA is a Business Club that is a student-centered organization which is designed specifically for students interested in management, business ownership, or in majoring in business administration in college. Activities include field trips, career workshops, and conventions which are held locally, within the state, and nationally. DECA members compete at the regional, state, and national levels. Competitions include role plays, economics principles, and tests in various industries, written events such as creating a business plan, and virtual stock market games. If you like business, DECA has an event for you. DECA looks great on a college resume and has many college scholarships available for members. It begins in August and runs through with meetings every Thursday. Competitions start in January and end in May.

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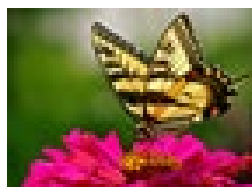
### Economics Club



Economics Club is a way for students to meet and discuss economics topics and learn more about the subject. Students meet to analyze economic trends, interpret the effect of the consumption of goods and services with respect to the allocation of resources, discuss the role of government in the interaction of international, national, state, and local policies, and to apply economic reasoning to their daily lives as citizens. Each year, the group will make decisions about what it wants to accomplish during the year, which may include service opportunities.

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### Environmental Vikings



The mission of the club is to strengthen the bond between students and their natural environment through education, awareness, experience and "green" activities. Students are provided experiential learning opportunities about environmental topics, issues, and concepts through mini classes. The club generally meets twice per month. Club members are also engaged in field based research projects and conservation projects on the H-F Campus and nearby natural areas. Members also develop a stewardship for local flora, fauna, and habitats by managing the H-F Organic Garden. Students serve as liaisons between students and faculty by being Environmental Ambassadors.

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## Activities

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### eSports



Our goal for the Competitive Gaming Club is to have a place for students to enjoy playing games competitively on a team. We aim to increase their competitive gaming skills through forming strategy, learning from other players, effective practice, and playing well as a team. We believe these skills apply not only to competitive games, but also many other aspects of life.

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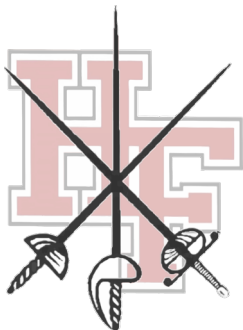
### Family, Career & Community Leaders of America (FCCLA)



This student led group focuses on applying skills and foundations of Family and Consumer Science courses to leadership, service learning, and competitive events. Students are expected to be representative of the nature of the discipline of family and consumer sciences. This student centered club relies on the members to plan, execute, and lead service learning with guidance from an advisor. Skill building and competitive events will include all content areas of FCS : early childhood, fashion apparel, culinary interior design, & leadership.

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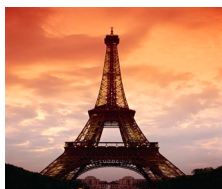
### Fencing



The H-F Fencing club is a co-ed club that practices and competes in fencing tournaments from November through the first week of February. The fencers compete in the foil, epee, and sabre events at a junior varsity (1st and 2nd year) and varsity level (3rd and 4th year). Competition is with other high schools in the greater Chicagoland area as part of the Midwest Fencing Conference. Fencers also compete in the annual H-F Fencing Invite in December. Prior experience in fencing is not required. Instruction and coaching is given to all members of the fencing club. For hygiene reasons, fencers are required to purchase their own mask and fencing glove. The club provides all the rest of the equipment needed to participate.

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### French Club



The French Club is open to all interested 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. The club also enjoys French films and holds elections for officers.

## Activities

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### French Cuisine & 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.

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### 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 yearly contests. Additionally, there are opportunities for students to experience leadership by serving as officers, directing the initiation ceremony, or leading other chapter events. Members are required to complete 2 French-related activities during the school year. Members also tutor an average of 2 times per week.

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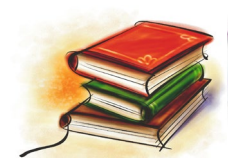
### Friends of Rachel (FOR)



The group was formed after a presentation called Rachel's Challenge. The club is based on an essay entitled "My Ethics, My Codes of Life" written by Rachel Joy Scott, the first student killed at Columbine High School on April 20, 1999. Rachel's message was one of kindness and compassion towards everyone. Rachel's life has inspired students at H-F to begin a Friends of Rachel chapter. This group focuses on empowering youth to be positive role models not only with their friends and in school, but also in the community. Students participate in activities that keep Rachel's hope alive for a better world so that no child is left behind because of fear and violence in their school.

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### Friends of the Library Advisory Board (FOLAB)

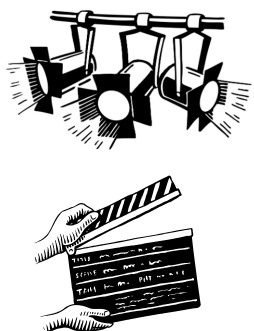


The mission of the HFHS Friends of the Library is to offer students a platform to share their love of reading with others, provide leadership opportunities by including student in the selection of books and materials for the library, plan school-wide events and activities, and sponsor and raise funds for an annual scholarship. This organization is open to all H-F students. In addition to giving students a voice in what goes on in the library, Friends also gives members a sense of ownership, responsibility, and appreciation of literacy. Participants will also feel a sense of teamwork, friendship, cooperation, and FUN!

## Activities

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### High School Play



H-F puts on an annual play in May that entertains audiences for three days. In 1999, students dazzled audiences with *A Midsummer Night's Dream* - complete with a waterfall and outdoor garden placed inside onstage. Recent productions include *Eurydice*, *The Laramie Project*, *She Kills Monsters*, and *Into the Woods*. Other Broadway hits have also made their way to the H-F stage.

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### Inspirational Voices



Inspirational Voices is a service organization whose goal is the enrichment and encouragement of its members, the Homewood-Flossmoor community, and the Greater Chicago community through the performance of Gospel, Contemporary Christian, and Inspirational secular music. All students are encouraged to join. The choir rehearses weekly to prepare for special events and concerts.

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### Jazz Band



After auditioning for one of the two Jazz Ensembles, students practice weekly and attend workshops October through May. In addition to their winter and spring concerts, these musicians perform at special events, the Pass the Baton concert at Hart and Prairie State College Jazz Days. Members perform and audition at the IMEA Jazz Festival where they can earn college scholarships.

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### Just Like You Club (JLYC)



The purpose of Just Like You Club is to raise awareness and increase understanding and acceptance of people who are living with disabilities. JLYC allows students to support a culture of inclusion, where all children regardless of ability or specialized needs are accepted and celebrated. 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., Respect Week, The R Word Campaign, Holiday Angels) and social activities (i.e. lockin, dances, Fans in the Stands, Bulls' games).

## Activities

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### Key Club



Key Club is a student-led organization that provides its members with opportunities to perform service, build character, and develop leadership. Key Club International is the oldest and largest community service program for high school students. Members of the Kiwanis International family help Key Club members build themselves as they build the schools and communities. The H-F Key Club works with local organizations in the community to provide easy access for service hours, which is required by most colleges. A minimum of 30 service hours is expected annually. The Key Club meets weekly to review community service presentations and sign up for service hours.

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### Leaders In Theatre Ensemble (L.i.T.E.)

This is an intensive, condensed co-curricular course which provides theatre students with an ensemble experience similar to that of a professional theater. Within the three weeks before the school year begins, students work collaboratively as actors, designers, and technicians to plan, rehearse, and perform a production. Through their L.i.T.E. experience, students develop their leadership skills and theatrical artistry.

Current productions include *A Midsummer's Night Dream*, *Serial*, *The Theory of Relativity*, *Trap*, and *Bad Auditions...on Camera*.



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### Marching & Pep Band



After attending a week long Band camp in August to prepare for the year, students practice twice a week from August through October. Members of the Marching Vikings Band perform at the football games, the Homecoming Pep Assembly, Flossmoor Fest, and the Homewood Memorial Day Parade. James Hart and Parker Band members are invited to perform with the Marching Vikings at the Youth Night football game. Students are paired up with H-F students within their instrument section. The bands rehearse and eat together prior to the game to get the full experience. Select Marching Vikings also perform at the Freshmen Orientation and Freshmen Parent Orientation. Members of the Vikings Pep Band perform at the

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### Mock Trial



Mock Trial combines the artistic skills of public speaking, debating, and acting into one competitive activity. The Mock Trial team prepares a case and competes against other schools to simulate a real trial. Tryouts are in October with a Saturday competitive season from January through March, culminating with the state championship. Practices are twice a week. The Illinois State Bar Association releases a case in November for states schools to use for the season. The case alternates between a civil and a criminal case. Teams must prepare both sides of the case (prosecution/plaintiff and defense) for every competition. Students prepare either as an attorney, witness, or both. Team members develop case theories, practice speeches, prepare examinations, and develop witness characters. Students hone their improvisational skills. Competitions consist of 2-4 rounds, with several sitting judges evaluating each team's performance.

## Activities

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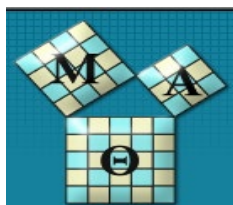
### Model United Nations (MUN)



The Model United Nations Club provides students with education and training in the field of international politics and communication. Students meet to debate, discuss, and explore international topics such as the environment, peace treaties, and food security. Our club participates in conferences in which we meet with other schools to roleplay diplomats in a simulated United Nations session. The students are assigned a country to represent. The students become experts on their country, as well as in various current issues (nuclear proliferation, human trafficking, water rights, and many others). At the conference, our students' purpose is to effectively represent their assigned country's agenda as they work with students representing other nations to find a solution to global problems. At the conferences, students practice negotiation, team building, networking skills, and the parliamentary process.

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### Mu Alpha Theta



Mu Alpha Theta was formed in 1957 at the University of Oklahoma. The society is dedicated to inspiring keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school and two-year college students. Students with all A's and B's in Honors or an A average (no C's) over 5 semesters of college prep math and a GPA of 4.5/6.0 are eligible for the society. New members are inducted into the H-F chapter each spring. Members provide Mathematics tutoring to fellow high school students throughout the school year. The group meets bi-monthly and holds the annual Math Appreciation Breakfast for the Mathematics Department and the Pi Day fundraiser.

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### Musical



Full scale Musical Theatre production began at H-F when the theatre was constructed in 1968. Since that time, H-F has produced a major musical each year. Cast sizes vary depending on the requirements of the production. 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. Recent productions include *The Addams Family*, *Sister Act*, *Chicago (High School Edition)*, and *Mama Mia*.

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### National Art Honor Society



The National Art Honor Society tries to insure and recognize those students who have shown outstanding ability in art. Students are eligible after completing 3 semesters of art. NAHS members must maintain a 3.0 GPA on a 4.0 scale in their art classes. After becoming a member at the NAHS Induction, students meet twice a month to finish projects, make work, and prepare pieces to be displayed. Artwork is displayed at school and presented at the annual NAHS Art Show where students are judged by a secret panel. NAHS magnifies the innovation, skills, and scholarship opportunities that our art program brings to our school and community. Opportunities for national recognition, scholarships, and connectivity are available exclusively for our members. NAHS helps the importance of visual arts become even more visible in our school and in our community.

## Activities

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### New Faces



Recently added to the Theatre Department, this production is for students who are new to the theatrical world and are looking for an opportunity to play a role in a show that excludes seasoned actors/actresses from auditioning. This activity allows students to challenge their abilities and develop their skills in leading roles. This production is intended to give performers dramatic experience for future auditions. This opportunity is currently alternating with Contest Play. Recent productions include *Almost, Maine*, *A Wrinkle in Time*, *You Can't Take It With You*, and *Clue*.

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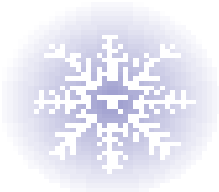
### Operation Snowball



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. Many other topics of current concerns to students are discussed. Operation Snowball has been offered at H-F since 1981.

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### Operation Snowflake



Operation Snowflake is the junior high equivalent of Operation Snowball. This 1 day event for 7th and 8th graders from Brookwood Junior High School, Infant Jesus of Prague, James Hart Junior High School, and Parker Junior High School is a program focusing on prevention through educational growth by promoting personal social development. Students and adults benefit through sharing feelings and thoughts with each other in large group sessions, mini workshops, and small groups in which feelings and concerns may be openly discussed in a confidential atmosphere. The staff includes teens from Homewood-Flossmoor High School who have been to Operation Snowball and adults from both junior high schools.

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### Operation Snowflurries



Operation Snowflurries is a 1 day event for 5th and 6th graders. The emphasis is on improving self-esteem, responsible decision making, alcohol and drugs, and positive peer influence. Students and adults benefit by sharing feelings and thoughts with each other in large and small group sessions. The staff includes teens from H-F who have been to Operation Snowball and/or Operation Snowflake.

## Activities

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### Orchestra - Symphonic Strings



Orchestra Symphonic Strings is open to students in Sinfonia and Viking Orchestra. All other participants need approval by Mr. Engrav. Symphonic Strings offers students the opportunity to perform at a higher level and to improve their performance skills. Orchestra Club develops initiative, leadership ability, and good citizen practices. In addition to concerts, the musicians perform at assemblies at Hart and Parker, the Welcome to Success Event, the Cancer Society Benefit, and Honors Convocation.

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### 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. Members meet weekly to receive training and discuss strategies. Peer mediators develop and promote a conflict prevention campaign, conduct trainings at Parker and Hart, and mediate athletes and activity members after school to preserve the team concept.

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### Poetic Expressions



Poetic Expressions is a club that provides a safe space for students to explore spoken word poetry. A typical meeting includes warm up exercises and open mic opportunities. In addition to the club itself, there are two competitive teams: Louder than a Bomb and Battle of the Bard. While all H-F students are welcome to join the club and attend weekly meetings, auditions are held for the competitive teams.

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### Robotics Club (RC)



H-F Robotics offers students a project-based learning opportunity through an engineering design process. The club will meet twice a week after school from October to the end of April to research, design, and construct a VEX robot, an ROV underwater robot (Remote Operated Vehicle), and/or one of six projects to compete at Southworks Engineering & Robotics Competition in April. H-F Robotics began with partnerships with the Shedd Aquarium and the H-F Foundation and is currently sponsored by the Whiting Corporation.

## Activities

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### 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. Members meet weekly to discuss concepts, techniques, strategies, and projects. Students review the scientific concepts and conduct science labs to prepare for competitions. They participate in school invitationals, the SWSC Science Festival, Regional, State and National competitions.

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### Skills USA



SkillsUSA is a national organization that prepares students to be leaders in technical, skill-based, and hands-on careers while ensuring America has a skilled workforce of responsible citizens. Members have the opportunity to participate in over 100 individual and team competitions including welding, manufacturing, automotive service, small engine repair, robotics, and woodworking, among many others. SkillsUSA competitions are offered at the regional, state, and national levels. Members study and prepare in hands-on activities to improve their personal skill-level and ability; enrolling in Career and Technical Education courses helps in preparing members for their selected contests.

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### 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. The initiation ceremony takes place in May each year. During the course of the year, students attend monthly meetings, tutor their peers an average of twice a week, and sponsor a Blood Drive.

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### Special Olympics (SPOLY)



The H-F Special Olympics program is governed by Special Olympics Illinois and the Illinois High School Association to provide traditional and unified competitive opportunities for our student-athletes. We offer competition in soccer, basketball, and track. Each sport has guidelines and team roster criteria. Student-athletes must meet the team criteria and partners must complete the application and tryout process. Current sports physicals are required. An athletic physical is good for 395 days. Partners are required to have passed 5 classes from the previous semester to be eligible for participation, pass 5 classes on a weekly basis, and pass 5 classes at the semester to maintain eligibility.

## Activities

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### Steppers



The H-F Steppers provide a different and unique way to demonstrate school spirit through hand clapping. The routines are synchronized dance steps designed to energize the audience. Students who want to demonstrate their school spirit audition for membership. New participants attend a membership ceremony after making the team. The group rehearses 3 days a week throughout the year. They step at varsity basketball games and compete in various competitions.

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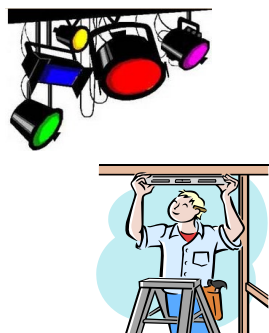
### Summer Theatre



This co-curricular production gives students from grades 2-12 acting and play production experience. The students will learn theatre games, warm-ups, blocking, songs, and dances to prepare for future theatre experiences and for the program's culminating matinee and evening performances. Depending on the enrollment numbers and selected show, all students will be involved with at least two of the performances. Current productions include *Madagascar, Jr.*, *Big, Mary Poppins, Jr.*, and *Peace, Love and Cupcakes*.

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### Technical Crew



If you like the theatre but are not interested in acting, we would love to have you involved in tech! Technical Crew assists with costumes and makeup, constructs and paints scenery, hangs and focuses lighting, creates sound effects, and runs backstage for each of the 7 Theatre productions at H-F. We work mostly in the H-F Auditorium, Performing Arts Center, and adjoining scene shops. Students do not have to work on every show. Members can choose the productions that work within the schedules of their other activities. Production run crews are selected through an application process. Proficiency, commitment, and leadership are criteria contributing to run crew assignments backstage during performances. Hours spent doing technical work enables you to become a member of the H-F Thespian Troupe.

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### Thespians



The organization promotes theatre quality at Homewood-Flossmoor. Students who are involved in Homewood-Flossmoor productions of the Children's Play, Contest Play, Group Interpretation, High School Play, Leaders in Theatre Ensemble, Musical, New Faces, and Reader's Theatre are awarded points. Once a student has 25 points, he/she is eligible for membership and participates in the annual Thespians Troup Induction in May. Activities of the group include monthly meetings, improving the theatre, attending plays, and participating in Theatrefest.

## Activities

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### 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”. Members meet once a month, attend the overnight retreat at Camp Manitouqua, and participate in the Tri-M Music Induction Ceremony. Tri-M Members are required to obtain ten (10) service credits in music related activities throughout the year.

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### Viking Broadcasting Company (VBC)



The Broadcasting program includes the WHFH Radio (88.5 FM) and the VTV Studio. Students enrolled in the radio and television courses fill student staff positions. All students may try out for positions as music, news, sports, and Viking television announcers. Students also come in to use the equipment, work on the radio, or do a live broadcast outside of class. The VBC also covers home athletic contests and special events.

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### Visual Arts Club (VAC)



Visual Arts Club is dedicated to encouraging artistic expression and furthering knowledge and appreciation of the arts for its members. Through engaging in cooperative art projects, listening to guest artists and lecturers, visiting gallery openings and local museums., the club encourages students to find out first hand the immense value that the world of art can offer them. The club fosters a sense of camaraderie for fellow art students so that they can support each other in their artistic pursuits.

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### ZooBot



ZooBot Club is open to all H-F students who are interested in the study and care of animals. Throughout the year, students provide daily animal care and have opportunities to care for these animals at home during the weekend and/or during school breaks. Money raised from fundraisers such as dog bathing or the sale of candy and cookie dough, help members care for the H-F animals. Students also visit the South Suburban Humane Society, the Brookfield Zoo, and the Shedd Aquarium. Members participate in the local Bark Walks. Members also attend the annual SkyZone Tramopline event . When available, the Reptile Guy visits the campus with snakes and lizards to give the students the opportunity to learn about non-traditional pets. Members also provide daily plant care and sponsor an annual plant, herb and vegetable sale, and winter storage program.

## Activities: Student Government Classes

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### Senior Class - Class of 2023



Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the senior class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. The four elected officers and an unlimited number of representatives also belong to the representative body of the Executive Board, which oversees all student government. There are also bi-monthly large-group meetings run by the Executive Board. The senior class is responsible for the Homecoming Dance, Vikingfest, and Bon Voyage.

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### Junior Class - Class of 2024



Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the junior class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. The four elected officers and an unlimited number of representatives also belong to the representative body of the Executive Board, which oversees all student government. There are also bi-monthly large-group meetings run by the Executive Board. The Junior class assists with the Homecoming Assembly, attends the SWSC Convention, and sponsors Prom.

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### Sophomore Class - Class of 2025



Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the sophomore class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. The four elected officers and an unlimited number of representatives also belong to the representative body of the Executive Board, which oversees all student government. There are also bi-monthly large-group meetings run by the Executive Board. The Sophomore Class assists with the Homecoming Assembly, attends the SWSC Convention, and sponsors the Turnabout Dance.

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### Freshmen Class - Class of 2026



Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. Freshmen are encouraged to join in the fall. Freshmen learn about the election process and prepare to run for office for their sophomore year. The Freshmen Class members also belong to the representative body of the Executive Board, which oversees all student government. There are also bi-monthly large-group meetings run by the Executive Board. The Freshmen Class assists with the Homecoming Assembly, attends the SWSC Convention, and sponsors a food drive.

## Activities: SWSC

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### Band



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. Band members also participate in the SWSC Band Festival.



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### Chess



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

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### Choir



The Choral Club is a combination of all the students involved in the choral program at Homewood-Flossmoor High School. Members of the club participate in activities sponsored by their individual choir and general fund raising activities. After auditioning for Choir Chimes, Handbells, and Viking Ensemble, students rehearse twice a week for their respective group. These musicians perform at their concerts throughout the year and participate in the SWSC Choir Festival.

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### 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 in the IHSA state competition in March, as well as participate in the SWSC Workshop. Current productions include *33 Variations*, *Tigers Be Still*, *Ernest and the Pale Moon*, and *The Burn*.

## Activities: SWSC

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### Debate



The Debate Team strives to be competitively successful, effective, socially conscious, and intellectually engaged. We compete locally, regionally, and nationally in Debate. Students compete in Lincoln Douglas Value Debate, Public Forum Debate, and Student Congressional Legislative Debate. No debater is required to attend all competitions. Competitions include school invitationals, the SWSC Championship, the IHSA State finals, and several other state and national organizational invitationals. Practices are held 2-3 days a week. First year students are encouraged to enroll in Introduction to Debate and Debate Seminar in subsequent years for additional training in the skills of debating.

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### 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 in the IHSA state competition in March, as well as participate in the SWSC Workshop. Current productions include *The Bacchae*, *Better Nate Than Ever*, *J & H*, *A Head Full of Dreams: The Life of John Merrick*, and *From Dreams to Drama: Remembering Lorraine*.

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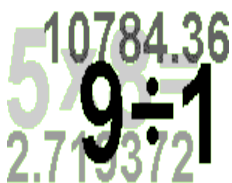
### EDDA - Literary Magazine



EDDA Club designs and produces our annual art and literary magazine. Members will critique student submissions of writing and visual art (blind process) and edit pieces when necessary. Members also create and judge contests, as well as host reading events to inspire and engage general student population. Members also have the opportunity to participate in the SWSC Literary Magazine workshop. In May, the collection of writings and drawings is published and sold. The pieces are performed by the Advanced Theatre Production students at the annual EDDA Showcase.

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### 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 compete at the State Competition held in early May.

## Activities: SWSC

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### National Honor Society



National Honor Society is the nation's premier organization to recognize outstanding high school students, honoring those who demonstrate excellence in scholarship leadership, service and character. Amongst other academic requirements, membership eligibility is determined by the top 20% of the incoming senior class, and the top 10% of incoming juniors in the Spring. After participating in the NHS induction in May of the previous school year, members meet monthly throughout the year. Members service a variety of special projects, provide help to both community and school organizations, and organize/promote the annual Day of Service.

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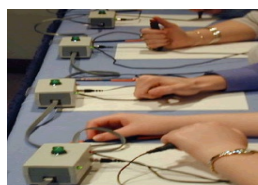
### Odin - Yearbook



Members must be enrolled in the yearbook course and attend meetings outside of class to work on production of the publication. 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 and become familiar with using digital cameras, scanning, using programs such as Adobe In-Design and Photoshop. Together, Odin staff members create a book that reflects what our school is/does in order to preserve memories for years to come.

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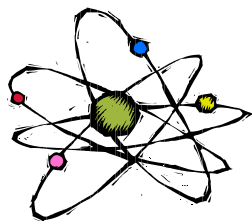
### Scholastic Bowl



The Scholastic Bowl is an IHSA interscholastic competitive activity, where 2 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. Members practice once a week to compete in SWSC competitions spanning from August to March. Members compete in school invitationals and the annual H-F Scholastic Bowl Invitational. In March, they compete in the IHSA Sectionals and if the team qualifies, they advance to the IHSA State Competition.

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### Science



The SWSC Science event is designed to create an interest in co-curricular science activity through participation in a competition between all SWSC schools. Each school develops an event, rules, grading scale, and tie breaker for their competition. Each event is identified as an individual event or 2-person team event and with the number of entries permitted per school.

## Activities: SWSC

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### Speech



The H-F Speech program offers a unique opportunity for students to express their individual speaking and dramatic talents in a competitive atmosphere. Participating in this activity can benefit your future, but is especially popular among students interested in business, communication, marketing, education, law, politics, and theatre. Speech is an excellent way to improve public speaking skills, for those students who are shy or nervous in front of an audience. Students compete against other schools in individual events at invitationals held throughout the season. The Speech Team competes in the regional, sectional, and state levels of the IHSA, as well as participates in the SWSC Workshop. This includes competition in public speaking, limited preparation, and dramatic performance events, such as the Performance in the Round.

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### Student Government - Executive Board



This is the representative agent for the student body and is comprised of the Executive Board and the representative body. Officers must be members of their representative class at H-F. 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 consists of the members from Student Government: Senior Class, Junior Class, Sophomore Class, and Freshmen Class. Potential candidates for Executive Board are required to have 1 year of active service as a Student Government representative or class officer. Elections occur in the spring of the preceding year. They are responsible for the Homecoming Pep Assembly and the SWSC Convention.

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### Visual Arts



The SWSC Visual Arts festival provides an opportunity for visual arts students and faculty sponsors to meet and exchange ideas regarding the arts and related fields, to learn from and network with their peers, to showcase student talents, and to increase their exposure to the visual arts and the wealth of valuable art resources in Chicago. The annual festival is designed to allow students to display their artwork in a gallery-like setting, view artwork from and collaborate with their peers from neighboring schools, hear and see professional artists and their work, and have their own work recognized and critiqued by experts in the field.

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### Voyager - Newspaper



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 H-F High School and is the product of duly authorized academic classes held during the official school day and two nights per week throughout the academic year. The Voyager distributes a special Senior Edition in May as a tribute to graduating seniors. Members also attend the annual SWSC Newspaper workshop, where students have the opportunity to submit work to be reviewed and judged by current local journalists. Students also share ideas and exchange newspapers with conference schools.

## Activities: Pilot Programs

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### Black Student Union (BSU)



The Black Student Union will work to provide a platform for Black students attending Homewood-Flossmoor High School to express their concerns and address issues within the immediate community as well as the national community of Black Americans through highlighting mental health, fostering open conversation and vulnerability through dialogue, and establishing pridefulness in being Black. The Black Student Union will host monthly panels open to the student body, in order to discuss precedent issues within the Black community.

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### Educators Rising



Educators Rising is cultivating a new generation of highly skilled educators by guiding young people on a path from high school through college and into their teaching careers. By working with aspiring educators who reflect the demographics of their communities and who are passionate about serving those communities through public education, Educators Rising is changing the face of teaching. Students will get insight into the classroom at all levels: Early Elementary, Upper Elementary, Middle School, and High School. Students will be able to earn micro credentials. Members will also attend the state conference in March, where they will compete in educational events. Members must maintain regular meeting attendance and be a member of the Educators Rising Portal.

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# Activities Sponsors

**Anime Club-** \*T. Madison, A. Alex  
**Art Exhibition Coordinator-** \*TBD  
**Athletic Training Aides-** \*B. Kleine, V. Chavez, D. Werner  
**Auto Club-** \*B. May, S. Brousseau, D. Brown  
**Children's Play-** \*A. Calderon, D. Cassidy  
**Chinese Club -** Y. Ding  
**Choir (Viking Ensemble)-** S. Sifner  
**Christian Leaders Unity Board-** TBD  
**Computer Club-** \*D. Perozzi, B. Adams, B. Dvorkin  
**DECA-** \*M. O'Neill, C. Clark  
**Economics Club-** \*B. Acena  
**Environmental Vikings-** G. Slusinski  
**eSports-** \*B. Adams, D. Perozzi, S. Senne  
**Family, Career & Community Leaders of America-** J. Grubbs  
**Fencing-** \*D. Greene, K. McPheeters  
**French Club-** W. Stiglic  
**French Cuisine & Conversation-** W. Stiglic  
**French NHS-** M. Bell  
**Friends of Rachel-** \*E. Hackett, C. Boss  
**Friends of the Library Advisory Board-** A. Rodriguez  
**High School Play-** \*JR Willard-Rose, D. Cassidy  
**Inspirational Voices-** \*S. Sifner, \*T. Love, I. Davenport  
**Jazz Band-** \*S. Whitlock, K. Hickman, C. Riedel  
**Just Like You Club-** \*K. Rice, B. Garland, T. Mucha,  
 K. Nieckula, J. Olumstad, M. Raglione, A. Veal  
**Key Club-** \*T. Kluth, V. Zavala-Vargas  
**Leaders in Theatre Ensemble-** JR Willard-Rose  
**Marching Band-** \*S. Whitlock, J. Becker, M. Becker, J. Bonanotte,  
 K. Engelbert, E. Gamboa, B. Houston, C. Riedel,  
 M. Sauder, K. Tallungan, J. Whitlock  
**Mock Trial-** \*L. Day, C. Doyle, S. Youssef, C. Assise  
**Model United Nations-** E. Carroll  
**Mu Alpha Theta-** M. Makovsky-Jones  
**Musical-** \*JR Willard-Rose, D. Cassidy  
**National Art Honor Society-** \*M. Sauder, \*J. Wargo  
**New Faces-** A. Calderon  
**Operation Snowball-** \*L. Maul, A. Alex, C. Boss, A. Brooks,  
 D. Palermo, P. Fasse  
**Operation Snowflake-** \*L. Maul, A. Alex, C. Boss, A. Brooks,  
 D. Palermo, P. Fasse  
**Operation Snowflurries-** \*L. Maul, A. Alex, C. Boss, A. Brooks,  
 D. Palermo, P. Fasse  
**Orchestra (Symphonic Strings)-** \*BJ Engrav, C. Riedel  
**Peer Mediation-** \*D. Edwards, D. Mitchell  
**Poetic Expressions-** Jeanne Miller

**Robotics Club-** R. Suarez  
**Science Olympiad-** \*R. Pavinato, J. Watkins  
**SkillsUSA-** W. Merchantz  
**Spanish National Honor Society-** E. Wallace  
**Special Olympics-** \*K. Rice, B. Garland, T. Mucha,  
 K. Nieckula, J. Olumstad, M. Raglione, A. Veal  
**Steppers-** \*L. McGill, R. Singleton  
**Summer Theatre-** \*A. Calderon, \*D. Cassidy  
**Technical Crew-** T. Tholl  
**Thespians-** \*JR Willard-Rose, \*T. Tholl  
**Tri-M Music Honor Society-** S. Sifner  
**VAST-** \*K. Nieckula, S. Kuester, T. Mucha  
**Visual Arts Club-** \*R. Healy, C. Helsel-Wilk  
**Viking Broadcasting Company: Viking Television and Radio Station-**  
 \*M. Ciesielski, L. Howard, N. Jones, J. Vallicelli, R. Wells  
**ZooBot-** \*C. Stiglic, M. Kozik

## CLASS SPONSORS

**2023-** C. Clark  
**2024-** C. Alexander  
**2025-** A. Marassa  
**2026-** K. Elkei

## COMPETITIVE SWSC ACTIVITIES

**Chess-** T. White  
**Debate-** \*K. Cole, D. Bush, E. Carroll, E. Meintanis, B. Woods-Lenore  
**Mathletes-** \*M. Sacks, D. Noble, T. White  
**Scholastic Bowl-** \*M. Sacks, T. White  
**Science-** \*R. Pavinato, J. Watkins

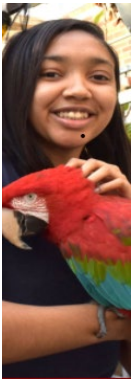
## NON-COMPETITIVE SWSC ACTIVITIES

**Band-** S. Whitlock  
**Choir-** S. Sifner  
**Contest Play-** TBD  
**Group Interpretation-** K. Mulling  
**Literary Magazine (EDDA)-** S. Mustafah  
**National Honor Society-** \*M. Kozik, \*T. Stewart-Williams, L. Chasey  
**Newspaper (Voyager)-** R. Kucharski  
**Speech-** \*P. Lowe, D. Cassidy, M. Kelly, H. Jones, A. LaNier,  
 K. Mulling, A. Reynolds, A. Rich, R. Wicks, S. Turner-Wingba  
**Student Government Executive Board-** M. Ciesielski  
**Visual Arts-** TBD  
**Yearbook (Odin) -** C. Helsel-Wilk

## Pilot Clubs

**Black Student Union-** TBD  
**Educators Rising -** C. Pasha

## WE ARE H-F Activities!!



## WE ARE H-F Activities!!



## Athletic Department

# We are H-F!



H-F Mascot - Victor Viking

Male sports teams are the VIKINGS.

Female sports teams are the LADY VIKINGS.

*Fight on you Vikings, fight,  
For Homewood-Flossmoor High.  
Our banner Red and White  
Will fly proud and high in victory.  
Our team will claim the fame  
Of champions strong and free.  
Fight on, you Vikings,  
You fearless Vikings,  
Fight on to victory*

### Athletic Seasons

The Fall, Winter, and Spring seasons revolve around the IHSA Calendar.  
The IHSA Week 1 starts the first Monday in July.

Fall Sports: Boys & Girls Cross Country, Field Hockey, Football, Boys & Girls Golf, Boys Soccer, Girls Swimming, Girls Tennis, Girls Volleyball - begins on the Monday of Week 6

Winter Sports: Competitive Cheerleading and Competitive Dance - begins on the Monday of Week 17  
Girls Basketball - begins on the Monday of Week 18  
Boys Basketball, Girls Gymnastics, Wrestling - begins on the Monday of Week 19  
Boys Swimming - begins on the Monday of Week 21  
Boys & Girls Indoor Track - begins on the Monday of Week 29

Spring Sports: Boys Gymnastics - begins on the Monday of Week 33  
Badminton, Baseball, Lacrosse, Girls Soccer - begins on the Monday of Week 35  
Softball, Boys Tennis, Boys & Girls Water Polo - begins on the Monday of Week 35  
Boys Volleyball - begins on the Monday of Week 36

### Athletic Tryouts

1. All potential athletes need to go to the Homewood-Flossmoor HS Dashboard at <https://hf.8to18.com/accounts/login> to register for tryouts. Click on "Create an Account" and enter a parent/guardian email and create a password. Please remember this password as you will use this for the years to come for all of your children.
2. Physicals  
All physicals are only good for 395 days from the signed date.  
The Freshmen physical required for enrollment is used as the freshmen sports physical.  
All other athletes must use the IHSA physical form and get a new physical every year.  
Physicals must be turned into the Athletic Office prior to tryouts.
3. IHSA Concussions  
All athletes and a parent/guardian must sign off on the IHSA Concussions information through the 8to18 Dashboard.
4. Athletic Training Rules/Code of Conduct  
All freshmen, first time H-F athletes, and transfer students must attend a scheduled meeting at the beginning of his/her first athletic season. All Athletes and a parent or guardian must sign off on the information through the 8to18 Dashboard.

## Athletic Department

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### Tryouts

1. Tryouts last a minimum of 2 days depending on the number of athletes trying out.
2. Cuts will be made depending on the number of athletes trying out for that sport.
3. Cut athletes are encouraged to tryout for another sport in season with coach's consent

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**Athletic User Fee** Due after tryouts are completed and rosters are determined.

1. Pay by e-check or credit card on the 8to18 Homewood-Flossmoor HS Dashboard
2. \$50 per sport up to 2 sports per school year
3. The user fee is waived for the third sport within one school year.
4. The user fee for Free Lunch recipients is waived per guidelines.

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**Random Athletic Drug Testing** In effect since 1989

1. All athletes in season are potential candidates for testing.
2. 20 athletes are randomly selected each time.
3. A 9 panel Tox Screen Urine test is administered.
4. Test results are private.
5. The school Social Worker is available for all athletes.

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**Athletic-Academic Eligibility** All incoming freshmen athletes are eligible for athletic participation first semester.

1. Weekly eligibility checks are done for all in-season athletes.
2. All athletes must pass 5 classes on a weekly basis to be eligible in-season.
3. All athletes must pass 5 classes to be eligible for the next semester.
4. Summer School classes count towards the next semester eligibility (up to 2 classes)

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### Websites



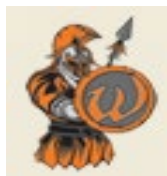
State Organization [www.ihsa.org](http://www.ihsa.org)  
Sport Specific Information  
State Series Information

H-F Athletics <http://il.8to18.com/HF>  
Schedules and Announcements  
Athletic Documents and Links



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### Southwest Suburban Conference



## Athletics: Boys Teams



### Boys Basketball



#### Summer Camp:

4th – 8th grade - mornings in June in the Fieldhouse

9th - 10th grade - mornings in June in the Fieldhouse

**Required Equipment:** shorts, t-shirts, and gym shoes

**Prior Knowledge/Skills:** pass, dribble, and shoot

**Levels:** Freshmen, Sophomores, and Varsity

**School Tryouts:** November

**Duration of Season:** November - March

**Required Equipment:** shorts, t-shirts, and gym shoes

**Expectations:** Common basketball knowledge

### Boys Cross Country



#### Summer Fun Runs:

9th – 12th grade - mornings in June and July

Local routes from H-F parking lot

**Required Equipment:** appropriate shirt and shorts; good running socks and shoes

**Prior Knowledge/Skills:** Desire to compete and work hard

**Levels:** 1 Team consisting of F/S and Varsity squads

**School Tryouts:** No cuts

**Duration of Season:** August – November

**Required Equipment:** appropriate shirt and shorts; good running socks and shoes

**Expectations:** Everyone works hard and runs a 3-mile race twice a week

### Boys Golf



#### Summer Camp:

Sessions in July and August at Coyote Golf Course

Summer Season Junior Passes available at Coyote Golf Course

**Required Equipment:**

**Prior Knowledge/Skills:**

**Levels:** JV2, JV, and Varsity

**School Tryouts:** August

**Duration of Season:** August - October

**Required Equipment:** golf clubs, golf shoes, and polo shirt

**Expectations:** Competitive attitude, desire to learn/change techniques, and etiquette

### Boys Gymnastics



#### Summer Camp:

6th – 12th grade - afternoons in June and July

North Gymnastics Room

**Required Equipment:** t-shirt, shorts, and gymnastics handgrips

**Prior Knowledge/Skills:** none

**Levels:** Varsity

**School Tryouts:** No cuts

**Duration of Season:** February - May

**Required Equipment:** t-shirt, shorts, and gymnastics handgrips

**Expectations:** Daily attendance, competitive attitude, and desire to challenge abilities

## Athletics: Boys Teams



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### Boys Soccer



#### Summer Camp:

K – 6th grade - mornings in June on the North Field

7th - 12th grade afternoons in June on the North Field

**Required Equipment:** spikes, shin guards, ball, and water

**Prior Knowledge/Skills:** none

**Levels:** JV2, JV, and Varsity

**School Tryouts:** August

**Duration of Season:** August - November

**Required Equipment:** spikes, shin guards, and ball

**Expectations:** Competitive attitude, desire to learn/change techniques, and etiquette

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### Boys Swimming/Diving



#### Summer Camp:

7th -12th grade – mornings in June and July

Natatorium

**Required Equipment:** swimming suit, cap, and goggles

**Prior Knowledge/Skills:** Must swim front/back crawl and train for the 2 hour duration

**Levels:** JV and Varsity

**School Tryouts:** November

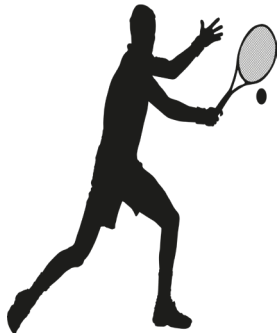
**Duration of Season:** November - February

**Required Equipment:** swimming suit, cap, and goggles

**Expectations:** Practice 6 days a week including some mornings before school

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### Boys Tennis



#### Summer Camp:

There is no summer camp offered at this time.

**Required Equipment:**

**Prior Knowledge/Skills:**

**Levels:** JV and Varsity

**School Tryouts:** February

**Duration of Season:** February - May

**Required Equipment:** athletic shoes/attire and racquet

**Expectations:** Familiarity of the rules and strokes of tennis

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### Boys Track



#### Summer Camp:

K – 9th grade - mornings and afternoons in June and July

Stadium/Fieldhouse

**Required Equipment:** running shoes and athletic attire

**Prior Knowledge/Skills:** none

**Levels:** F/S and Varsity

**School Tryouts:** January (Athletes welcome after completion of Winter Season)

**Duration of Season:** January - May

**Required Equipment:** running shoes and athletic attire

**Expectations:** W.H.A.T makes a Champion? Work - Heart - Attitude - Toughness

## Athletics: Boys Teams



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### Boys Volleyball



#### Summer Camp:

5th – 8th grade - June and July in the Fieldhouse

9th – 12th grade - June and July in the Fieldhouse

**Required Equipment:** athletic shoes and apparel

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** March

**Duration of Season:** March - May

**Required Equipment:** athletic shoes and apparel

**Expectations:** Good attitude and work ethic

---

### Boys Water Polo



#### Summer Camp:

7th – 12th grade - early mornings in June and July  
Natatorium

**Required Equipment:** swimming suit

**Prior Knowledge/Skills:** Swim club and/or high school swim team

**Levels:** JV and Varsity

**School Tryouts:** February

**Duration of Season:** February - May

**Required Equipment:** swimming suit

**Expectations:** Be on time and at practice everyday

---

### Boys Wrestling



#### Summer Camp:

5th - 12th grade - evenings in June and July  
Fieldhouse Wrestling Room

**Required Equipment:** wrestling shoes

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** November

**Duration of Season:** November - February

**Required Equipment:** wrestling shoes

**Expectations:** Be at every workout and practice

---

### Cheerleading



#### Summer Camp:

Freshmen, JV, and Varsity teams in July

**Required Equipment:** athletic apparel

**Prior Knowledge/Skills:** making the team roster

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** April (and October if Necessary)

**Duration of Season:** August - March

**Required Equipment:** athletic apparel

**Expectations:** Practice 5 days a week including some late practices for competition

## Athletics: Boys Teams



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### Baseball



#### Summer Camp:

4th – 8th grade - mornings in June

Varsity Diamond

**Required Equipment:** glove, cleats, bat, and proper baseball attire

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** February

**Duration of Season:** February - June

**Required Equipment:** glove, cleats, bat, and proper baseball attire

**Expectations:** Daily attendance, competitive attitude, and desire to challenge abilities

---

### Football



#### Summer Camp:

K – 8th grade - mornings in July in the Stadium

9th grade - 12th grade - in the Stadium in June and July

**Required Equipment:** none

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, Sophomores, and Varsity

**School Tryouts:** August

**Duration of Season:** August - November

**Required Equipment:** none

**Expectations:** State Championship!

---

### Lacrosse



#### Summer Camp:

K-6th grade - afternoons in June or nights in July at the North Field

7th-8th grade - evenings in June or nights in July at the North Field

**Required Equipment:** cleats and lacrosse stick

**Prior Knowledge/Skills:** none

**Levels:** JV and Varsity

**School Tryouts:** February

**Duration of Season:** February - June

**Required Equipment:** helmet, gloves, & shoulder/elbow pads (rent to own available)

**Expectations:** Willingness to learn compete

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## Athletics: Girls Teams



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### Girls Basketball



#### Summer Camp:

5th - 12th grade - June and July

Fieldhouse

**Required Equipment:** shorts, t-shirts, and gym shoes

**Prior Knowledge/Skills:** pass, dribble, and shoot

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** November

**Duration of Season:** November - March

**Required Equipment:** shorts, t-shirts, and gym shoes

**Expectations:** Common basketball knowledge

---

### Girls Cross Country



#### Summer Fun Runs:

9th – 12th grade - mornings in June and July

Local routes from H-F parking lot

**Required Equipment:** appropriate shirt and shorts ; good running socks and shoes

**Prior Knowledge/Skills:** desire to compete and work hard

**Levels:** 1 Team consisting of F/S and Varsity squads

**School Tryouts:** No cuts

**Duration of Season:** August – November

**Required Equipment:** appropriate shirt and shorts ; good running socks and shoes

**Expectations:** Everyone works hard and runs a 3-mile race twice a week

---

### Girls Golf



#### Summer Camp:

Sessions in July and August at Coyote Golf Course

Summer Season Junior Passes available at Coyote Golf Course

**Required Equipment:**

**Prior Knowledge/Skills:**

**Levels:** JV and Varsity

**School Tryouts:** August

**Duration of Season:** August - October

**Required Equipment:** golf clubs, golf balls, and golf shoes

**Expectations:** Competitive attitude, desire to learn/change techniques, and etiquette

---

### Girls Gymnastics



#### Summer Camp:

Afternoons in June and July

North Gymnastics Room

**Required Equipment:** leotard

**Prior Knowledge/Skills:** none

**Levels:** JV and Varsity

**School Tryouts:** November

**Duration of Season:** November - February

**Required Equipment:** leotard

**Expectations:** Daily attendance, competitive attitude, and desire to challenge abilities

## Athletics: Girls Teams



---

### Girls Soccer



#### Summer Camp:

K – 6th grade - mornings in June on the North Field

7th - 12th grade afternoons in June on the North Field

**Required Equipment:** spikes, shin guards, ball, and water

**Prior Knowledge/Skills:** none

**Levels:** JV2, JV, and Varsity

**School Tryouts:** February

**Duration of Season:** February - June

**Required Equipment:** spikes, shin guards, and ball

**Expectations:** Competitive attitude, desire to learn/change techniques, and etiquette

---

### Girls Swimming/Diving



7th – 12th grade - mornings in June and July

Natatorium

**Required Equipment:** swimming suit, cap, and goggles

**Prior Knowledge/Skills:** Must swim front/back crawl and train for the 2 hour duration

**Levels:** JV and Varsity

**School Tryouts:** August

**Duration of Season:** August - November

**Required Equipment:** swimming suit, cap, and goggles

**Expectations:** Practice 6 days a week including some mornings before school

---

### Girls Tennis



#### Summer Camp:

There is no summer camp offered at this time.

**Required Equipment:**

**Prior Knowledge/Skills:**

**Levels:** JV and Varsity

**School Tryouts:** August

**Duration of Season:** August - October

**Required Equipment:** athletic shoes/attire and racquet

**Expectations:** Familiarity of the rules and strokes of tennis

---

### Girls Track



#### Summer Camp:

K – 9th grade - mornings and afternoons in June and July

Stadium/Fieldhouse

**Required Equipment:** running shoes and athletic attire

**Prior Knowledge/Skills:** none

**Levels:** F/S and Varsity

**School Tryouts:** January (Athletes welcome after completion of Winter Season)

**Duration of Season:** January - May

**Required Equipment:** running shoes and athletic attire

**Expectations:** Daily attendance and good attitude

## Athletics: Girls Teams



---

### Girls Volleyball



#### Summer Camp:

5th – 8th grade - June and July in the Fieldhouse

9th – 12th grade - June and July in the Fieldhouse

**Required Equipment:** athletic shoes and apparel

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** August

**Duration of Season:** August - November

**Required Equipment:** athletic shoes and apparel

**Expectations:** Good attitude and work ethic

---

### Girls Water Polo



#### Summer Camp:

6th – 12th grade - early afternoons in June and July

Natatorium

**Required Equipment:** swimming suit

**Prior Knowledge/Skills:** Swim club and/or high school swim team

**Levels:** JV and Varsity

**School Tryouts:** February

**Duration of Season:** February - May

**Required Equipment:** 2 swimming suits

**Expectations:** Be a good swimmer, be on time, and be at practice everyday

---

### Girls Wrestling



#### Summer Camp:

5th - 12th grade - evenings in June and July

Fieldhouse Wrestling Room

**Required Equipment:** wrestling shoes

**Prior Knowledge/Skills:** none

**Levels:** Varsity

**School Tryouts:** November

**Duration of Season:** November - February

**Required Equipment:** wrestling shoes

**Expectations:** Be at every workout and practice

---

### Badminton



#### Summer Camp:

4th - 12th grade - evenings in June

Fieldhouse

**Required Equipment:** court shoes and racquet

**Prior Knowledge/Skills:** none

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** February

**Duration of Season:** February - May

**Required Equipment:** court shoes and racquet

**Expectations:** Positive attitude, willingness to learn, good work ethic

## Athletics: Girls Teams



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### Cheerleading



#### Summer Camp:

Freshmen, JV, and Varsity teams in July

**Required Equipment:** athletic apparel

**Prior Knowledge/Skills:** making the team roster

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** April (and October if Necessary)

**Duration of Season:** August - March

**Required Equipment:** athletic apparel

**Expectations:** Practice 5 days a week including some late practices for competition

---

### Dance



#### Summer Camp:

JV and Varsity Teams in June and July

**Required Equipment:**

**Prior Knowledge/Skills:**

**Levels:** JV and Varsity

**School Tryouts:** April

**Duration of Season:** August - March

**Required Equipment:** athletic attire

**Expectations:** Dance background

---

### Field Hockey



#### Summer Camp:

6th – 9th grade - June and July on North Field

10th – 12th grade - June and July on North Field

**Required Equipment:** running shoes and mouth/shin guards

**Prior Knowledge/Skills:** none

**Levels:** JV and Varsity

**School Tryouts:** August

**Duration of Season:** August - November

**Required Equipment:** running shoes and mouth/shin guards

**Expectations:** Eagerness to learn

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### Softball



#### Summer Camp:

3rd – 5th grade - mornings in June on the Varsity Diamond

6th – 9th grade - mornings in June on the Varsity Diamond

**Required Equipment:** cleats, bat, glove, and visor

**Prior Knowledge/Skills:** basic knowledge of softball

**Levels:** Freshmen, JV, and Varsity

**School Tryouts:** February

**Duration of Season:** February - June

**Required Equipment:** cleats, bat, glove, and visor

**Expectations:** Winning attitude

# Homewood-Flossmoor High School Coaching Staff

## Fall

### Boys Cross Country

BRIAN O'DONNELL, Head Coach  
Steven Shelley, Assistant

### Girls Cross Country

MARY KATE PACK, Head Coach  
Hailey Baumstein, Assistant  
Larry Dawson, Assistant

### Cheerleading (Sideline)

ZENIA BOYD, Head Varsity  
Josh Flewellen, Volunteer  
Elayne Evans, Head JV  
Khayla Kelly-Morton, Asst. JV  
Sabrina Johnson, Head Freshmen  
Stephanmie Caston, Volunteer

### Dance (Sideline)

KARI-LYNN BURROUGHS, Head Varsity  
Jerese Twitty, Head JV  
Sarah Pittman, Associate

### Field Hockey

JULIE GAHAM, Head Varsity  
Katie Rice, Asst. Varsity Coach  
Walter Collins, Head JV Coach  
Evan Bercot, Asst. JV Coach

### Football

TERRELL ALEXANDER, Head Varsity  
Terrell Alexander, III, Asst. Varsity  
Terry Barney, Asst. Varsity  
Tywon Green, Asst. Varsity  
Lester Hampton, Asst. Varsity  
David James, Asst. Varsity  
Josh Ling, Asst. Varsity  
Alexander Pratt, Asst. Varsity  
Matt Ramos, Asst. Varsity  
Kofi Shuck, Asst. Varsity  
Anthony Barajas, Head Sophomore  
Nick DeBenedetti, Asst. Sophomore  
Kevin Murray, Asst. Sophomore  
Cody Rudnik, Associate  
Ted Venegas, Head Freshmen  
Adam Anderson, Asst. Freshmen  
Billy Bundy, Associate  
Dave Klawitter, Asst. Freshmen  
Kevin Lawlor, Asst. Freshmen  
Fernandos Matthews, Asst. Freshmen  
Sam Wilkerson, Asst. Freshmen

### Boys Golf

CHRIS STIGLIC, Head Varsity  
Keith Dombkowski, Head JV  
Eric Olson, Head JV2

### Girls Golf

BRAD KAIN, Head Varsity  
Tony Kruse, Head JV

### Boys Soccer

JAIRO GARCIA, Head Varsity  
Ali Farkos, Asst. Varsity  
Benjamin Brandt, Head JV  
Johnny Glass, Asst. JV  
Armando Lopez, Head JV2  
William Polen, Asst. JV2

### Girls Swimming/Diving

ANNA TENNY, Head Varsity  
Jeannette LaPlante, Head JV  
Kelsey Sopron, Diving

### Girls Tennis

LINDA GATES, Head Varsity  
Jeff Cade, Asst. Varsity  
Ausra Brooks, Head JV

### Girls Volleyball

BOB ST. LEGER, Head Varsity  
Matt Small, Asst. Varsity  
Nate Nesbit, Head JV  
Madeline Hallahan, Asst. JV  
Jason Volkman, Head Freshmen  
Michelle Kozik, Asst. Freshmen

## Winter

### Boys Basketball

JAMERE DISMUKES, Head Varsity  
Kentrell King, Asst. Varsity  
Shea Sumpter, Asst. Varsity  
Marcus Starks, Asst. Varsity  
James Jackson, Head Sophomore  
Damen Trice, Asst. Sophomore  
Desmond Blocker, Head Freshmen  
Mark Collins, Volunteer  
Nick Holmes, Volunteer

### Girls Basketball

TONY SMITH, Head Varsity  
Aireal Dickson, Asst. Varsity  
Louis Dickson, Asst. Varsity  
Evan Bercot, Head JV  
Tyrone Brazelton, Asst. JV  
Walter Collins, Head Freshmen  
Monte Holt, Asst. Freshmen

### Cheerleading (Competitive)

ZENIA BOYD, Head Varsity  
Josh Flewellen, Volunteer  
Elayne Evans, Head JV  
Khayla Kelly-Morton, Asst. JV  
Sabrina Johnson, Head Freshmen  
Stephanmie Caston, Volunteer

### Dance (Competitive)

KARI-LYNN BURROUGHS, Head Varsity  
Jerese Twitty, Head JV

### Girls Gymnastics

KEVIN QUIRK, Head Varsity  
Lynn Kostal, Head JV  
Carrie May, Associate

### Boys Swimming/Diving

JOHN FITZGERALD, Head Varsity  
Anna Tenny, Head JV  
Rick Carlson, Diving  
Eric Olson, Volunteer

### Boys Wrestling

JIM SOKOLOSKI, Head Varsity  
Rob Palumbo, Asst. Varsity  
Vasil Robinson, Asst. Varsity  
Brian Hernandez, Head JV  
Cody Rudnik, Associate  
Evan Roberts, Head Freshman  
Terrell Alexander III, Asst. Freshman

### Girls Wrestling

Scott Aronson, Head Coach  
Terri Davis, Assistant

### Athletic Trainers

BRAD KLEINE, F/W/S  
VANESSA CHAVEZ, F/W/S  
DANIELLE WERNER, F/S

## Spring

### Badminton

ALEXANDER PRATT, Head Varsity  
TBA, Asst. Varsity  
TBA, Head JV  
Fatima Simmons, Head Freshmen  
TBA, Assistant  
TBA, Assistant

### Baseball

JOHN MCCARTHY, Head Varsity  
Kevin Coe, Asst. Varsity  
Chris Cunningham, Asst. Varsity  
Vince Davis, Asst. Varsity  
Greg Jones, Asst. Varsity  
John Ogden, Head JV  
Joseph Muller, Asst. JV  
Charles Gawle, Head Freshmen  
Nick Campbell, Asst. Freshmen  
Jason Griffin, Freshmen Volunteer

### Boys Gymnastics

MICHAEL OPSAL, Head Varsity

### Lacrosse

JASON KEANE, Head Varsity  
Kelsey Sopron, Asst. Varsity  
Ken Ridgway, Head JV  
Mark Thompson, Volunteer

### Girls Soccer

ALLIE FARKOS, Head Varsity  
Jairo Garcia, Asst. Varsity  
Nicholas Lackey, Asst. Varsity  
Armando Lopez, Head JV  
Johnny Glass, Asst. JV  
Benjamin Brandt, Head JV2  
TBA, Asst. JV2

### Softball

CORINNE ZIMMERMAN, Head Varsity  
Marissa Werner, Asst. Varsity  
Jason Parrot, Asst. Varsity  
TBA, Asst. Varsity  
Michael Trecanni, Head JV  
David James, Asst. JV  
David Klawitter, Head Freshmen

### Boys Tennis

LINDA GATES, Head Varsity  
Jeff Cade, Asst. Varsity  
Mike Rende, Head JV

### Boys Track & Field

NATE BEEBE, Head Coach  
Terrell Alexander, Assistant  
Rob Assise, Assistant  
Matt Dreger, Assistant  
Chris Korfist, Assistant  
Brian O'Donnell, Assistant

### Girls Track & Field

TYWON GREEN, Head Coach  
TBA, Assistant  
TBA, Assistant  
TBA, Assistant  
TBA, Assistant  
TBA, Assistant

### Boys Volleyball

MARK CIESIELSKI, Head Varsity  
Sean Carls, Asst. Varsity  
Dana Noble, Head JV  
Matt Small, Asst. JV  
Jason Volkman, Head Freshmen  
TBA, Asst. Freshmen

### Boys Water Polo

ERIC OLSON, Head Varsity  
John Fitzgerald, Head JV

### Girls Water Polo

PAT DUIGNAN, Head Varsity  
Jeannette LaPlante, Head JV

# WE ARE H-F Athletics!!



# 8to18 H-F Activities Links



[Activities Department Home Page](#)

[Anime Club](#)  
[Athletic Training Aides \(ATA\)](#)  
[Auto Club](#)  
[Children's Play](#)  
[Chinese Club](#)  
[Christian Leaders Unity Board \(C.L.U.B.\)](#)  
[Computer Club](#)  
[Distributive Education Clubs of America \(DECA\)](#)  
[Economics Club](#)  
[Environmental Vikings](#)  
[eSports](#)  
[Family, Career & Community Leaders of America \(FCCLA\)](#)  
[Fencing](#)  
[French Club](#)  
[French Cuisine & Conversation](#)  
[French National Honor Society \(FNHS\)](#)  
[Friends of Rachel \(FOR\)](#)  
[Friends of the Library Advisory Board \(FOLAB\)](#)  
[High School Play](#)  
[Inspirational Voices \(IV\)](#)  
  
[Jazz Band](#)  
[Just Like You Club \(JLYC\)](#)  
[Key Club](#)  
[Leaders in Theatre Ensemble \(L.i.T.E.\)](#)  
[Marching Band](#)  
[Mock Trial](#)  
[Model United Nations \(MUN\)](#)  
[Mu Alpha Theta \(MAT\)](#)  
[Musical](#)  
[National Art Honor Society \(NAHS\)](#)  
[New Faces](#)  
[Operation Snowball](#)  
[Operation Snowflake](#)  
[Operation Snowflurries](#)  
[Orchestra Club \(Symphonic Strings\)](#)  
[Peer Mediation](#)  
[Poetic Expressions](#)  
[Robotics Club \(RC\)](#)  
[Science Olympiad](#)  
[SkillsUSA](#)  
[Spanish National Honor Society \(SNHS\)](#)  
[Special Olympics \(SPOLY\)](#)  
[Steppers](#)  
[Summer Theatre](#)

[Technical Crew - Children's Play](#)  
[Technical Crew - CP/GI](#)  
[Technical Crew - High School Play](#)  
[Technical Crew - L.i.T.E.](#)  
[Technical Crew - Musical](#)  
[Technical Crew - New Faces](#)  
[Technical Crew - Summer Theatre](#)  
[Thespians](#)  
[Tri-M Music Honor Society](#)  
[Visual Arts Club \(VAC\)](#)  
[Viking Television \(VTV\)](#)  
[Viking Radio Station \(WHFH\)](#)  
[ZooBot](#)

## **CLASS SPONSORS**

[Class of 2023](#)  
[Class of 2024](#)  
[Class of 2025](#)  
[Class of 2026](#)

## **COMPETITIVE SWSC ACTIVITIES**

[Chess](#)  
[Debate](#)  
[Mathletes](#)  
[Scholastic Bowl](#)  
[Science](#)

## **NON-COMPETITIVE SWSC ACTIVITIES**

[Band Club](#)  
[Choir Club](#)  
[Contest Play \(CP\)](#)  
[Group Interpretation \(GI\)](#)  
[Literary Magazine - EDDA](#)  
[National Honor Society \(NHS\)](#)  
[Newspaper - Voyager](#)  
[Speech](#)  
[Student Government Executive Board](#)  
[Visual Arts](#)  
[Yearbook - Odin](#)

## **PILOT CLUBS**

[Black Student Union](#)  
[Educators Rising](#)

# 8to18 H-F Athletics Links



[Athletic Department Home Page](#)

## ***Fall***

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[Boys Cross Country](#)

[Boys Football](#)

[Boys Golf](#)

[Boys Soccer](#)

[Cheerleading \(Sideline\)](#)

[Dance \(Sideline\)](#)

[Girls Cross Country](#)

[Girls Field Hockey](#)

[Girls Golf](#)

[Girls Swimming & Diving](#)

[Girls Tennis](#)

[Girls Volleyball](#)

## ***Winter***

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[Boys Basketball](#)

[Boys Swimming & Diving](#)

[Boys Wrestling](#)

[Cheerleading \(Competitive\)](#)

[Dance \(Competitive\)](#)

[Girls Basketball](#)

[Girls Gymnastics](#)

[Girls Wrestling](#)

## ***Spring***

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[Boys Baseball](#)

[Boys Gymnastics](#)

[Boys Lacrosse](#)

[Boys Tennis](#)

[Boys Track & Field](#)

[Boys Volleyball](#)

[Boys Water Polo](#)

[Girls Badminton](#)

[Girls Soccer](#)

[Girls Softball](#)

[Girls Track & Field](#)

[Girls Water Polo](#)