

EXTRACURRICULAR ACTIVITIES HANDBOOK

**Millstadt Consolidated School
2021-2022**



211 W. Mill Street
Millstadt, Illinois 62260
476-1681

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PLEASE NOTE: This booklet is presented as a general information guide. The information contained herein is subject to change based on staff availability, scheduling requirements, and changes in school policy. If you have any questions, please contact the school for further information.

Extracurricular Activities

Participants Defined

All students participating in Millstadt Community Consolidated School District #160 (MCCSD #160) sponsored Athletics and Extracurricular Activities / Clubs shall fall under the behavioral guidelines and expectations outlined in the MCCSD #160 Athletic and Extracurricular Code.

Athletics

The Athletic Code applies to all students who want to participate in athletics. Athletics includes competitive sports, extracurricular activities, cheerleading, and pom-poms. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student athletes and cheerleaders. Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code.

IESA or IHSA

Eligibility for most athletics is also governed by the rules of the Illinois High School Association (or) Illinois Elementary School Association and, if applicable, these rules will apply in addition to this Athletic Code. In case of a conflict between IHSA (or) IESA and this Athletic Code, the most stringent rule will be enforced. MCCSD #160 is a member of the Cahokia Conference.

Eligibility

Students who are participating in extracurricular activities will have their grades (cumulative for the grading period) reviewed every two weeks. After the review, students who have either two (2) D's, one (1) F, an incomplete, or unsatisfactory will be placed on academic probation for the following week. During the probationary period, the student may attend practices and participate in competitions. However, if the student is unable to raise his/her grades to the standards of the district by the end of the probationary week, the student will be removed from the team until the grade standards are met. Grades for students who have been removed from a team will be checked weekly. The athletic director and coach/sponsor will be responsible for monitoring this process. A student must be in attendance for the entire afternoon in order to participate in a District extra-curricular activity. Doctor's appointments, funerals, and emergency situations will be given consideration. Final decision for participation shall be made by the administration.

Requirements for Participation

An athlete must have the following fully executed documents on file at the school office before the athlete's first participation in any activity:

1. A current physical examination report completed by a physician licensed in Illinois to practice medicine in all its branches which finds the athlete is physically able to participate; and
2. A permission slip to participate in the specific sport in which the athlete intends to participate signed by the athlete's parent or guardian; and
3. Proof the athlete is covered by medical insurance.
4. A receipt showing the athlete and his/her parents received a copy of the Athletic Code, understand the terms of the Athletic Code and agree to abide by its terms and conditions.

Student participation in School Board Approved extracurricular athletic activities is contingent upon the following:

1. The student must maintain the academic standards set forth in the Student-Parent Handbook.
2. A Conduct Code for Participation in Extracurricular Activities signed annually by the student and parent/guardian.
3. A signed Medical Consent Form must be submitted annually and on file with the athletic director.
4. A physical examination of the student must be conducted by a physician. A written statement assuring that the student's health status allows for active athletic participation must be submitted to the District.

The student must show proof of accident insurance coverage by a parent(s)/guardian(s) written statement that the student is covered under a family insurance plan. An appeal to this process may be made by the parents/guardians of the student. The appeal should be made to the Principal. A review committee, appointed by the Principal, will hear the reasons for the appeal and decide on the eligibility of the student.

Notice of Risks

Parents and students are hereby notified that participation in athletics and/or extracurricular events may involve many risks of injury or possibly death. All risks associated with participation are assumed by participating students and their parent(s)/guardian(s). **Student Athlete Concussions and Head Injuries** A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois. 2

Behavioral Conduct

Misconduct by student-athletes will not be tolerated. Misconduct shall include but shall not be limited to:

1. Insubordination; or
2. Any behavior or action which is negligently or intentionally injurious to a person or property at risk of injury or damage; or
3. Any behavior which disrupts the appropriate conduct of a school program or activity; or
4. Hazing, bullying, or harassment of any kind; or
5. Use of profanity; or
6. Exhibition of bad sportsmanship; or
7. Violation of any school rules or regulations or law.

Coaches and school officials will impose disciplinary measures appropriate to the offenses committed. The discipline imposed for any particular offense shall be at the sole and exclusive discretion of the coaching staff and school officials. Coaches/sponsors may set higher expectations than the minimum standards of the district. These expectations must be distributed and explained to the students at the beginning of the activity. The rules set forth in this Athletic Code are in effect throughout the school year from the first practice session for any particular sport during a particular school term until the last day of that sport or until the last day of the school term whichever comes last and twenty-four hours a day, whether or not school is in session and including vacation periods, and holidays. The rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale. The rules apply to an athlete from the beginning of the athlete's first tryout or practice in the first sport which the athlete attempts until the completion of any school year or the completion of the athlete's season whichever comes last.

Absence from School on Day of Activity

An athlete who is absent from school after noon on the day of any activity is ineligible for any activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the coach; 1) for a medical absence pre-arranged with the coach or 2) for a death in the athlete's family. An athlete who has one or more truanancies or who has been suspended from school may be suspended from participation in athletic activities by administration. An athlete who is absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach.

Travel

All athletes shall travel to athletic events and return home from athletic events with the team on which the athlete competes by use of school approved means of transportation. A written waiver of this rule may be issued by a coach or administrator upon advance written request of any athlete's parent or guardian and provided the parent or guardian appears and accepts custody of the athlete. In no case shall a waiver be issued unless the alternate means of transportation anticipated by the waiver will be provided by the parent. Oral requests shall not be honored and oral permissions shall not be valid. Any student athlete found to be in violation of this policy shall be subject to discipline in accordance with the school district's athletic discipline policies, rules and regulations as provided therein.

TRAINING RULES

The coach of each sport may establish training rules which shall apply to each student athlete participating in the sport, provided however, such rules shall not be inconsistent with the rules provided herein. Training rules, the purpose of which shall be to enhance the educational experience, provide for the safety, or protect the physical well-being of the student athlete shall be subject to the approval of the superintendent of schools.

ATHLETIC ACTIVITIES

Baseball

Description:	Baseball
Eligibility:	Boys, Grades 6-8
Season:	August - September
Selection Process:	Tryouts the first week of August to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach prior to tryouts.
Practices:	Monday through Saturday; times to be announced.
Games:	To be announced. Games will be Monday through Saturday.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must purchase a team hat and socks for approximately \$25 and must provide his own baseball shoes.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Boys' Basketball/A

Description:	Basketball
Eligibility:	Boys, Grade 8 (6 th & 7 th grade students may play on this team based on skill and/or need for players.)
Season:	October - January
Selection Process:	Tryouts the first week of October to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach prior tryouts.
Practices:	Monday through Saturday; times to be announced.
Games:	Weekdays and Saturdays.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide his own basketball shoes, which range from approximately \$50 to \$100. Team shoes will be offered.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Boys' Basketball/B

Description: Basketball
Eligibility: Boys, Grade 7 (6th grade students may play on this team based on skill and/or need for players.)
Season: October - January
Selection Process: Tryouts the second week of October to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam: Required. Must be submitted to coach prior to first practice.
Practices: Monday through Friday; times to be announced.
Games: During the week.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide his own basketball shoes, which range from approximately \$50 to \$100. Team shoes will be offered.
Uniforms: School provides uniforms.
Other: Team members are expected to attend all practices and games.

Boys' Basketball/6th

Description: Basketball
Eligibility: Boys, Grade 6
Season: October - December
Selection Process: All eligible boys are welcome to participate.
Physical Exam: Required. Must be submitted to coach prior to first practice.
Practices: During the week
Games: During the week and Saturdays.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide his own basketball shoes, which range from approximately \$50 to \$100.
Uniforms: School provides uniforms.
Other: Team members are expected to attend all practices and games.

Cross Country

Description:	Cross Country
Eligibility:	Grades 5-8
Season:	August-October
Selection Process:	All eligible students are welcome to participate.
Physical Exam:	Required. Must be submitted to coach prior to first practice.
Practices:	During the week
Games:	During the week and Saturdays.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide his/her own running shoes.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Girls' Basketball/A

Description:	Basketball
Eligibility:	Girls, Grade 8 (6 th and 7 th grade students may play on this team based on skill and/or need for players.)
Season:	October - December
Selection Process:	Tryouts the first week of October to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach prior to tryouts.
Practices:	Monday through Friday during the season. (Subject to change. May include Saturday practices.)
Games:	To be announced.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide her own basketball shoes, which range from approximately \$50 to \$100. Team shoes will be offered.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Girls' Basketball/B

Description:	Basketball
Eligibility:	Girls, Grade 7 (6 th grade students may play on this team based on skill and/or need for players.)
Season:	October - December
Selection Process:	Tryouts the first week of October to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach prior to first practice.
Practices:	Monday through Friday during the season. (Subject to change. May include Saturday practices.)
Games:	To be announced.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide her own basketball shoes, which range from approximately \$50 to \$100. Team shoes will be offered.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Girls' Basketball/6th

Description:	Basketball
Eligibility:	Girls, Grade 6
Season:	October - December
Selection Process:	All eligible girls are welcome to participate.
Physical Exam:	Required. Must be submitted to coach prior to first practice.
Practices:	During the week/sometimes 5:30 pm practice.
Games:	Weeknights and Saturdays.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide her own basketball shoes, which range from approximately \$50 to \$100.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Cheerleading

Description:	Cheerleading is a sport that includes cheering, gymnastics, stunts and pyramid building.
Eligibility:	Girls and Boys, Grades 6, 7, and 8
Season:	October - January
Selection Process:	Tryouts in late October. May complete a tumbling pass. Must complete a sideline cheer, floor cheer, and dance. Splits are optional.
Physical Exam:	Required. Must be submitted to sponsor by first practice.
Practices:	During the week.
Games:	Cheer boys' and girls' home games, and conference tournaments.
Travel:	Required. Travel to conference tournaments. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Approximately \$100 for uniform completion (shoes, bodysuit, briefs, socks).
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Intramurals

Description:	Variety of Sports/Games
Eligibility:	Boys and Girls, Grade 8
Season:	Winter
Selection Process:	Student sign up.
Physical Exam:	None required.
Practices:	None
Games:	To be announced during lunch recess.
Travel:	None
Expenses:	None
Uniforms:	None
Other:	None

Soccer

Description:	Soccer
Eligibility:	Boys and Girls, Grades 6 – 8. (5 th grade students may participate if players are needed to field a complete team.)
Season:	August - September
Selection Process:	Tryouts in early August to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach by first practice.
Practices/Games:	Monday through Friday during the season from 3:30 to 5:00 p.m.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide his/her own shin guards, soccer socks, and soccer shoes, which range from approximately \$50 to \$75.
Uniforms:	School provides uniforms.
Other:	Soccer is a co-ed, physical sport. Boys and girls are treated equally. The coach makes all roster decisions. Team members are expected to attend all practices and games.

Softball

Description:	Softball
Eligibility:	Girls, Grades 6 - 8
Season:	August - September
Selection Process:	Tryouts in early August to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam:	Required. Must be submitted to coach prior to tryouts.
Practices:	Monday through Friday during the season from 3:30 to 5:30 p.m.
Games:	To be announced.
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Student must provide her own shoes, which range from approximately \$50 to \$100. Students must also purchase hat and socks for approximately \$25.
Uniforms:	School provides uniforms.
Other:	Team members are expected to attend all practices and games.

Boys' Track

Description: Track
Eligibility: Boys, Grades 6 - 8
Season: March - May
Selection Process: Tryouts last week in March.
Physical Exam: Required. Must be submitted to coach prior to start of session.
Practices: Monday through Friday during the season from 3:30 to 4:45 p.m.
Games: To be announced.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide his own running shoes, which range from approximately \$50 to \$100.
Uniforms: School provides uniforms.
Other: Positions are earned based on times and distances.
Team members are expected to attend all practices and games.

Girls' Track

Description: Track
Eligibility: Girls, Grades 6 - 8
Season: March - May
Selection Process: Tryouts to demonstrate ability and attitude.
Physical Exam: Required. Must be submitted to coach prior to tryouts.
Practices: Monday through Friday during the season from 3:30 to 4:45 p.m.
Games: To be announced.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide her own running shoes, which range from approximately \$50 to \$100.
Uniforms: School provides uniforms.
Other: Team members are expected to attend all practices and games.

Varsity Volleyball

Description: Volleyball
Eligibility: Girls, Grades 6 - 8
Season: January - March
Selection Process: Tryouts (3 days) first or second week in January to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam: Required. Must be submitted to coach by the first day of tryouts.
Practices: Monday through Friday during the season from 3:30 to 5:30 p.m.
Games: To be announced.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide her own socks for approximately \$6 and provide her own shoes and knee pads which range from \$50 to \$100.
Uniforms: School provides uniforms.
Other: Team members are expected to attend all practices and games.

Volleyball/B

Description: Volleyball
Eligibility: Girls, Grades 6 - 7
Season: January - March
Selection Process: Tryouts (3 days) the first or second week in January to demonstrate basic skills, understanding of game situations, and attitude.
Physical Exam: Required. Must be submitted to coach by the first day of tryouts.
Practices: Monday through Friday during the season from 3:30 to 5:30 p.m.
Games: To be announced.
Travel: Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses: Student must provide her own socks for approximately \$6 and provide her own shoes and knee pads which range from \$50 to \$100.
Uniforms: School provides uniforms.
Other: Team members are expected to attend all practices and games.

Volleyball/6th

Description:	Volleyball
Eligibility:	Girls, Grade 6
Season:	January - March
Selection Process:	Any eligible girl who has the desire and ability to participate.
Physical Exam:	Required. Must be submitted to coach by the first day of tryouts.
Practices:	During the week.
Games:	During the week.
Travel:	Required. Team travels to games on school bus. Parents may sign out their child to take home.
Expenses:	Student must provide her own shorts, shoes and knee pads Which range from \$50 to \$100.
Uniforms:	School provides shirts.
Other:	Team members are expected to attend all practices and games.

Wrestling

Eligibility:	6 th -8 th Grade Boys and Girls
Season:	November – February
Selection Process:	All eligible boys and girls are welcome to participate
Physical Exam:	Required. Must be submitted.
Practices:	Monday thru Saturday
Matches:	Monday thru Saturday
Travel:	Required. Team travels to games on a school bus. Parents may sign out their child to take home.
Expenses:	Students must provide their own wrestling shoes - \$40-\$100.
Uniforms:	School provides uniforms
Other:	Team members are expected to attend all practices and games.

FINE ARTS ACTIVITIES

4th Grade Band

Description:	Band for Beginners
Eligibility:	Boys and Girls; usually Grade 4 but older novice musicians may begin in Junior Band.
Academic Requirements:	C average
Season:	2-week summer session plus entire school year.
Selection Process:	Any interested student may participate.
Physical Exam:	Not required.
Practices:	Sectionals during specials One afternoon band rehearsal.
Travel:	None required.
Expenses:	Instrument rental or purchase, beginner instruction book, reeds for woodwind instruments.
Performances:	Winter concert, spring concert, optional solo and ensemble contest in spring
Other:	To be successful, students should practice 15 minutes daily.

5th Grade Band

Description:	Second Level Band
Eligibility:	Boys and Girls; usually Grade 5
Academic Requirements:	C average
Season:	2-week summer session plus entire school year.
Selection Process:	Any interested student who meets the academic requirements and exhibits good behavior may participate.
Physical Exam:	Not required.
Practices:	One sectional (small group instruction) per week scheduled during specials. 2 afternoon band rehearsals.
Travel:	None required.
Performances:	Fall concert, winter concert, spring concert, optional solo and/or ensemble contest in Spring.
Expenses:	Purchase of marching lyre to hold music (under \$10), plus instrument rental or purchase, beginner instruction book, reeds for woodwind instruments.
Uniforms:	School provides uniforms.
Other:	To be successful, students should practice at home.

Senior Band

Description:	Senior Level Band
Eligibility:	Boys and Girls; Grades 6 - 8
Academic Requirements:	C average
Season:	2-week summer session plus entire school year.
Selection Process:	Any interested student who meets the academic requirements and exhibits good behavior may participate.
Physical Exam:	Not required.
Practices:	One sectional (small group instruction) per week scheduled during specials. Daily band rehearsal at 2:30.
Travel:	None required.
Performances:	Fall concert, winter concert, Spring concert, Labor Day and Christmas parades, Spring band contest, optional solo and/or ensemble contest in Spring, optional band festival.
Expenses:	No additional expense other than instrument, where applicable.
Uniforms:	School provides uniforms.
Other:	

Jazz Band

Description:	Ensemble band focusing on jazz music.
Eligibility:	Boys and Girls; Grades 7 - 8
Academic Requirements:	C average
Season:	Entire school year.
Selection Process:	Any interested student in Grades 7 and 8 who meets the academic requirements and exhibits good behavior may participate.
Physical Exam:	Not required.
Practices:	During lunch recess
Travel:	None required.
Performances:	Fall concert, winter concert, Spring concert, Spring solo and ensemble contest.
Expenses:	No additional expense.
Uniforms:	No additional uniform.
Other:	

Flag Corps

Description:	Performance Flag Corps
Eligibility:	Boys and Girls; Grades 5 – 8; must be a member of the band.
Academic Requirements:	School requirements.
Season:	All year.
Selection Process:	Tryouts in May to demonstrate basic skills, coordination, musicality.
Physical Exam:	Not required.
Practices:	Approximately one month prior to each band concert, Tuesday through Thursday 7:40-8:10 a.m.; summer practices prior to Labor Day parade. Special practices on Friday before performance may be called.
Travel:	None required.
Performances:	Fall concert, Christmas concert, Spring concert, Labor Day and Christmas parades.
Expenses:	Shoes and t-shirt; approximately \$35.
Uniforms:	Concert uniform provided by school.
Other:	Team members are expected to attend all practices and games.

Singsation

Description:	Vocal music group learns proper singing technique including diction, tone production and breathing.
Eligibility:	Boys and Girls; Grades 5-6
Academic Requirements:	Students must maintain an overall C average.
Season:	September 1 – May 31
Selection Process:	Any interested student who meets the academic requirements and exhibits good behavior may participate.
Physical Exam:	Not required.
Practices:	Wednesday at 7:45 a.m. and Thursday at 2:30 p.m.
Performances:	Christmas concert, Spring concert
Expenses:	Cost of clothing.
Other:	Attendance at performances are mandatory.

Vocalmotion

Description:	Vocal music group sings in 3- and 4-part harmony; learn proper technique, tone production, and breath support.
Eligibility:	Boys and Girls; Grades 7 - 8
Academic Requirements:	Must maintain overall C average
Season:	September 1 – May 31 (or graduation)
Selection Process:	Any interested student who meets the academic requirements and exhibits good behavior may participate.
Physical Exam:	Not required.
Practices:	Tuesday at 2:30 p.m., Various Days at 12:30 p.m.
Performances:	Christmas concert, Spring concert, graduation.
Expenses:	Cost of clothing
Other:	Attendance at performances are mandatory.

Junior High Play

Description:	2 to 3 act (45 min.- 1 hour) play. All cast and crew must appear on stage.
Eligibility:	7 th and 8 th Grade students
Academic Requirements:	Refer to Student Handbook
Season:	6 weeks, usually in spring
Selection Process:	Students apply for parts after first reading. Sponsors make selections based on readings, previous knowledge and teacher input.
Physical Exam:	Not required.
Practices:	Monday through Friday from 3:30 p.m. to 5:00 or 5:30 p.m.
Travel:	None required
Performances:	One evening performance. One or two performances for student body.
Expenses:	Cost of t-shirt and pizza party (\$20-\$25).
Uniforms:	Costumes
Other:	Parents are asked to help wherever possible on parent work nights, building sets, painting, wallpapering, and with ticket sales, program production, costumes, t-shirts and makeup.

Fine Arts Fair

Description:	The Fine Arts Fair is a display of every student's efforts in the Visual Arts.
Eligibility:	Pre-K through 8 th Grade students at MCS
Academic Requirements:	None
Season:	August through March
Competition:	March
Other:	Musical program sometimes performed by Band and/or Chorus Directors.

SCHOLASTIC ACTIVITIES

Chess Team

Description:	Increase knowledge of chess through practice and competition.
Eligibility:	Boys and Girls, Grades 6 – 8, who know how to play chess
Academic Requirements:	No grade lower than one D.
Season:	October-January
Selection Process:	Complete an application form. Forms are available in December.
Physical Exam:	Not required.
Practices:	To be determined.
Travel:	Travel to meets. Team travels to meets on a school bus, parents may sign out their child to take home.
Meets:	To be determined.
Expenses:	None
Uniforms:	None
Other:	Team members are expected to attend all practices and competitions.

Math Team

Description:	Math Team is made up of students with a high ability in math. Members participate in contests where students take tests and compete for the highest scores.
Eligibility:	Boys and Girls, Grades 7 – 8
Season:	October - February
Selection Process:	Students take a written test in October. Highest scoring students participate.
Physical Exam:	Not required.
Practices:	2 to 3 times per month during study hall or band period.
Travel:	Travel to one competition each at Belleville West, SIU-E, and SLU High.
Competitions:	5 to 6 competitions; however, not all members will participate at each contest. If team travels by school bus, parents may sign out their child to take home.
Expenses:	Lunch at 3 travel events.
Uniforms:	None
Other:	6 or 7 members from each grade will be on the team. However, not all the events will accept that many participants. The highest-scoring students will go on to the tougher competitions. Team members are expected to attend all practices and competitions.

National Geographic Bee

Description:	Contest to come up with a school Geography Bee champion.
Eligibility:	Boys and Girls, Grades 6 – 8
Academic Requirements:	Refer to Student Handbook
Season:	Preliminary classroom rounds sometime in December. The School Bee will be on a day in the first two weeks of January.
Selection Process:	Preliminary classroom rounds are held in 6 th , 7 th , and 8 th grade classrooms. The top three contestants from each grade move on to the school bee.
Physical Exam:	Not required.
Practices:	Not required.
Travel:	None for local bee.
Expenses:	None
Uniforms:	None
Other:	The school bee winner receives a medal and a certificate. The school winner will take an exam to see if he/she qualifies for the state meet. If he winner scores in the top 100 on the exam, they will advance to the State Geographic Bee.

Scholar Bowl

Description:	Team competes against other schools in wit and knowledge in a variety of subject areas.
Eligibility:	Boys and Girls, Grades 7 – 8
Academic Requirements:	No grade lower than one D
Season:	January - March
Selection Process:	Students take a test with 50 questions from a wide variety of subject areas.
Physical Exam:	Not required.
Practices:	To be determined by the team after it is selected.
Travel:	Team travels to meets by school bus. Parents may sign out their child to take home.
Expenses:	Students pay for Scholar Bowl shirts which range from \$20 to \$40.
Uniforms:	Students dress in nice clothes for meets and tournaments. Scholar Bowl polo or long-sleeved logo shirt.
Other:	Team members are expected to attend all practices and games.

Science Olympiad

Description:	Nationally sponsored competition. Students compete with a partner in 3 or 4 of the 20+ events covering a variety of science and engineering disciplines.
Eligibility:	Boys and Girls, Grades 6 – 8
Academic Requirements:	No grade lower than a D.
Season:	October - April
Selection Process:	Tryouts in early October (a sample of Olympiad events) to demonstrate knowledge and skills. Sponsors choose 15 team members plus 2 to 5 alternates.
Physical Exam:	Not required.
Practices:	Usually once per week per event. Most team members participate in 3 events. Practices may take place before school, at recess, study hall or after school.
Travel:	Travel to competitions. Team travels to competitions by school bus. Parents may sign out their child to take home.
Competitions:	Regional competition in February at Lindenwood. If team places 1 st or 2 nd we go on to state in April at University of Illinois in Champaign.
Expenses:	Team t-shirt; meals at competitions.
Uniforms:	Team t-shirt
Other:	Parents often get involved as coaches and supporters. Event categories range from Astronomy, Physics, Forensic Science, to Engineering. 23 to 26 events run throughout the day of the competition.

Spelling Bee

Description:	Spelling Bee
Eligibility:	All students for each grade 5 th through 8 th for the School Spelling Bee and students 7 th through 8 th for the Belle Clair Spelling Bee.
Academic Requirements:	Refer to Student Handbook.
Selection Process:	The top five spellers in each grade “Bee” will participate in the School Spelling Bee. The winner of the School Bee will compete at the St. Louis Post Dispatch Spelling Bee. The top two students will represent Millstadt at the Cahokia Conference Spelling Bee.
Physical Exam:	Not required.
Practices:	Not required.
Travel:	Winner of the School Bee is responsible to get to Maryville University for the St. Louis Post Dispatch Spelling Bee. MCS will transport the two students to the Cahokia Conference Spelling Bee. If travel by school bus, parents may sign out their child to take home.
Expenses:	None
Uniforms:	None
Other:	None

SERVICE ACTIVITIES

Beta Club

Description:	Honor organization that also asks students to complete 15 hours of school/community service.
Eligibility:	Boys and Girls, Grades 6 – 8
Academic Requirements:	Maintain honor roll 3 quarters out of the school year.
Season:	September - May
Selection Process:	Students must be on the honor roll at least 3 quarters of the previous year. Qualifying students receive an invitation to participate.
Physical Exam:	Not required.
Meetings:	Meet once per month on Thursday at 7:30 a.m.
Travel:	Possible, depending on the service project. If travel by school bus, parents may sign out their child to take home.
Expenses:	First-time member, \$25.00. Thereafter, dues are \$10.00 per year.
Uniforms:	None

Student Council

Description:	Leadership organization that works to better the school, community and state.
Eligibility:	Boys and Girls, Grades 6 – 8
Academic Requirements:	Good standing
Season:	Entire school year
Selection Process:	Elections are held in May for the next school year. Members are elected by both teachers and students.
Physical Exam:	Not required.
Meetings:	Weekly on Tuesday at 7:30 a.m. More may be added if needed.
Travel:	Possibly, travel to one leadership workshop and one convention each year. If members travel it will be by bus. Parents may sign out their child to take home.
Activities:	Members work the concession stand at all home games, spend many evenings working on fundraisers.
Expenses:	None
Uniforms:	None
Other:	A great deal of parental support and assistance is needed. Student council requires a great deal of time; therefore, all members should have good time management skills.

OTHER ACTIVITIES

Yearbook

Description:	Development of the annual yearbook.
Eligibility:	Boys and Girls, Grade 8
Academic Requirements:	Refer to Student Handbook.
Season:	Most of the year.
Selection Process:	8 th grade students.
Physical Exam:	Not required.
Meetings:	Before and after school, during lunch and study hall
Travel:	None
Activities:	Students will be required to take pictures at school events, help with advertising yearbook sales, help with identifying students in pictures, and help with sorting and distributing yearbooks.
Expenses:	None
Uniforms:	None
Other:	