



HJH - Athletics & Activities Guide - 2019-20

Participation • Sportsmanship • Team Play • Excellence • Citizenship • Community

HILLSBORO JUNIOR HIGH SCHOOL

5-Star

Leadership School

MSHSA

SPONSORED BY

MOUSE

Champions of Character

THE HILLSBORO JUNIOR HIGH SCHOOL

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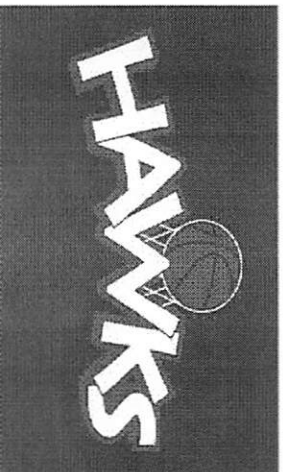
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Junior High Extra-Curricular Offerings

Hillsboro Junior High is proud to offer a variety of extra-curricular activities for our students. It is our firm belief that students who participate in activities outside the classroom develop a strong sense of school spirit and are generally more successful in school. Because these are extra-curricular activities, students are only allowed to represent our school if they meet high academic and citizenship standards.

ATHLETICS are SPORTS governed by rules set forth from the *Missouri State High School Activities Association (MSHSAA)* and are divided into FALL, WINTER, and SPRING seasons. Each season lasts 8-14 weeks from the first practice to the last contest. Outside of the season, coaches will offer voluntary open gyms, camps or leagues to any student-athletes who want the opportunity to improve.

ACTIVITIES are CLUBS or ORGANIZATIONS regulated by our school district, often in conjunction with a national organization. These activities meet on a periodic basis and participate in selected events.

Sports Information Guide*

	FOOTBALL	VOLLEYBALL	CROSS COUNTRY	CHEER	POMS	BASKETBALL	WRESTLING	TRACK
Season	Fall	Fall	Fall	Fall & Winter	Fall & Winter	Winter	Winter	Spring
Length of Season	8 weeks	9 weeks	8 weeks	23 weeks	23 weeks	14 weeks	9 weeks	10 weeks
# of Contests	6 games	10 matches 2 tourn	7 meets	8 fall 10 winter	8 fall 10 winter	10 games 2 tourn	8 meets 2 tourn	10 meets
# of Teams	2 7 th & 8 th	2 7 th & 8 th	2 Girls & Boys	1 combined	1 combined	4	2 (new!) Girls & Boys	2 Girls & Boys
# of Athletes	30-40/ team	12-14/ team	20/ team	12-16	12-16	12-14/ team	10-30/team	50-70 total
Tryouts	No	Yes	No	Yes (Spring)	Yes (Spring)	Yes	No	No
Equal Playing	No	No	Yes	Yes	Yes	No	Yes	No
Physical Needed**	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

*This document is meant to serve as a guide for parents/ students to better understand each sport. It is however just a guide. Coaches/sponsors/administrators will change details based on circumstances. Contact a coach/administrator for questions.

****PHYSICALS:** **ALL STUDENTS** who participate in a sport, including tryouts, must have a complete and up-to-date physical on file with the school before any physical activity may take place. Physicals dated on or after Feb 1 are valid through the remainder of that school year and the entire next school year. Parent permission and student insurance are also required.

JUNIOR HIGH ATHLETICS

<p>VOLLEYBALL (Coaches: 8th-Kathy Tucker, 7th-Ashley Tucker) is a FALL SPORT for girls with separate 7th and 8th grade teams. Coaches conduct 2-3 days of tryouts during first week of school and keep 12-14 girls for each team. Teams practice weekdays in the gym from 2:15-4:30, play 10 games on Mondays/Thursdays, and have 1 Saturday tournament. Games for 7th grade start at 5:00 with 8th grade following. Season starts 1st week of school and concludes with a conference tournament in mid-October.</p>	<p>BASKETBALL (Coaches: Boys-Lane Woodside-HS-8th, Joe Fehlker 7th; Girls-Will Kiehne-8th, Paul Holland-7th) is a WINTER SPORT for boys and girls with separate 7th and 8th grade teams. Coaches conduct 2-4 days of tryouts during the last week of October and keep 12-14 players for each team. Teams practice weekdays from 2:15-4:30 in the gym or until 5:00 in the Intermediate gym. They compete in 10 games on Monday/Thursdays and 2 tournaments. Games are usually divided by gender, 7th grade games starting at 5:00 with 8th grade following. Season starts the last week of October and concludes with a conference tournament in late January.</p>
<p>FOOTBALL (Head Coach-Dave Peirce) is a FALL SPORT for 7th & 8th graders. Coaches keep all players who put forth the effort to be successful. Practices start the 1st week of school. Teams practice weekdays 2:30-5:00 at the old field. They play 6 games with the possibility of a 5th quarter. Games usually start at 5:00 for 7th grade, with 8th grade games following, on Thursdays, with 1 Saturday game. Season starts 1st week of school and lasts to mid-October.</p>	<p>WRESTLING (Head Coach: Dave Peirce) is a WINTER SPORT for any JH student. NEW SEPARATION OF BOYS AND GIRLS TEAMS. Coaches keep all athletes who put forth the effort to be successful. Practices start mid-October and occur on the upper deck of the gym weekdays from 2:15-5:00. The team competes in 8 meets and 2 Saturday tournaments. Wrestlers compete against athletes of similar weight in 1-2 matches each meet and 3-5 matches during tournaments. Season starts mid-October and concludes before Christmas.</p>
<p>CROSS-COUNTRY (Coaches: Boys-Paul Holland, Girls-Ethan Gosling) is a FALL SPORT for any JH student. Coaches keep all athletes who put forth the effort to be successful. Practices start the 1st week of school. Teams practice every weekday at JH or Civic Center from 2:15-4:15. Teams compete in 7 meets, including several Saturday races, on courses usually covering 1.5 miles of outdoor terrain (hills, trails, fields, woods). Both individual and team results are scored. Season starts 1st week of school and concludes with a conference race in mid-October.</p>	<p>TRACK (Head Coach: Will Kiehne) is a SPRING SPORT for any JH student. Coaches keep all athletes who put forth the effort to be successful. Practices start in late-February and occur at the HS track (JH gym during inclement weather) weekdays from 2:30- 4:30. The team competes in 10-12 meets, including several Saturdays. Individual and team results are recorded and each athlete can compete in up to 3 races and a total of 4 events. Season starts in late-February and concludes with a conference meet in early-May.</p>
<p>CHEERLEADING (Coach: ??) is a FALL & WINTER SPORT for 7th and 8th graders. Coach holds tryouts during the preceding spring and then again after the fall sports season ends and keeps 12-16 athletes for each season. Cheerleaders perform at home football, volleyball and basketball games. They also cheer at pep assemblies and parades/events during the school year. Practices occur weekdays from 2:15-4:30 in the cafeteria.</p>	<p>POMMIES (Coach: Mary Stephenson) is a FALL & WINTER SPORT for 7th and 8th graders. Coach holds tryouts during the preceding spring and keeps 12-16 dancers. Pommies perform during intermissions of football, volleyball and basketball games. They also dance at pep assemblies and parades/events during the school year. Practices occur weekdays from 2:15-4:30 in the band room or cafe.</p>

JUNIOR HIGH ACTIVITIES

ARCHERY CLUB (Sponsor-Dan Gronborg) is a 6-month long CLUB for 7th and 8th graders and is coordinated with the National Archery in Schools Program (NASP). Students sign-up and compete for spots on the club beginning around the start of 2nd quarter. The sponsor does have to limit the number of participants at around 35 individuals for practicality. Archers must complete a training session before they are able to attend practices, which are held periodically based on availability of sponsor and gym time. Two practices/week are typically available, with 1 practice early and 1 late to accommodate members participating in after-school athletics. The team competes in 4-5 competitions (in-house, regional, state, and national) throughout the year.

BOOK BATTLE TEAM (Coach: Cheryl Tilley) is a TEAM of 7-8 students chosen by our librarian to participate in a competition regarding literature. There are usually over 30 teams who compete at the event located in St. Louis.

DRAMA CLUB (Sponsors: Lisa Jenkins/Katie Dawes) is a 2nd year program that is for kids interested in putting on a theatrical production. Students meet and practice after school with the goal of performing in front of the student body.

FANDOM (Sponsor: Matt Fingerhut) is a group that meets periodically after school to play games, have discussions, and watch videos together.

GARDENING CLUB (Sponsor: Beau Holley) is a group that meets periodically after school to cultivate the hobby of growing different plants in our garden and greenhouse. Interested students need to contact Mr. Holley, room 106, for details.

NATIONAL JUNIOR HONOR SOCIETY/ NJHS (Sponsor-Kristen Maerli) is a year-round ORGANIZATION for selected 7th and 8th graders. Students qualify after the 3rd quarter based on their grade-point average and citizenship demonstrated for the year. Students must complete an extensive selection process that includes a resume, teacher recommendations, and a panel interview. Approximately 30 students are selected to join through a special induction ceremony. Members are expected to maintain high standards of grades, conduct, and community service and should attend functions and meetings as active participants.

QUIZ BOWL TEAM (Coaches: Erin Fete, Kris Gronborg) is a TEAM of 7th and 8th grade students who are nominated by faculty members to “try-out” for spots. Each grade-level team of 7 competes in a student trivia contest held between all the county schools. Students are expected to practice on 4-8 afternoons before the Quiz Bowl in February. Plaques are awarded to the top places in each grade division.

STEM CLUB (Sponsor: Becky Solomon) is an organization of 7th and 8th grade students who enjoy STEM (science, technology, engineering, math) topics. They meet periodically throughout the year after school. This group also prepares for their state competition at Missouri S&T.

STUDENT COUNCIL/ STUCO (Sponsors- Carlie Isermann and Ellen Witte) is a year-round ORGANIZATION for 7th and 8th graders. STUCO members are involved in and coordinate multiple events throughout the school year. They operate the concession stand at home events, plan assemblies, conduct community service events, and provide support to our student body. Students can either take the STUCO class or participate on their own after school.

YEARBOOK (Sponsor: Cheryl Tilley) is a group of students who work on the production of our JH yearbook. Most work will be done during Academic Lab time or after school. Students will also attend games/events to take pictures.