Thornton Fractional North
Athletics & Activities Department
2020-2021 Newsletter

Athletic Office Phone: 708-585-1027 **il.8to18.com/TFNorth** Athletic Office Fax: 708-585- 1010

The Thornton Fractional North Athletics & Activities Program is preparing for the 2020-2021 school year. Included in this newsletter are some very important dates and times. If you need additional information concerning any of our athletic programs or extra-curricular activities, please call the Athletic Office.

ELIGIBILITY – T.F. North High School adheres to the eligibility requirements stipulated by the Illinois High School Association regarding compliance, residency, and grades.

IHSA GRADE ELIGIBILITY REQUIREMENT – The Illinois High School Association requires all student-athletes and activity participants to pass five classes per week and semester, as well as during the preceding semester.

ATHLETIC PHYSICAL EXAMINATIONS – It is mandatory that all athletes, including Cheerleaders, Dance, Band, have a yearly physical examination completed on an IHSA Pre-participation Examination form. Freshmen can use their school physical medical entrance exam to participate in athletics during the 2020-2021 school year. The Athletic Department requires student-athletes to submit original physical exam forms complete with the physician's office stamp and NOT copies. Physical exam forms must be submitted in order to be eligible to participate in practices or competitions.

PARENT/GUARDIAN PERMISSION AND OTHER FORMS – All students participating in sports, clubs, or activities must register using **il.8to18.com/TFNorth. Please be certain parent/guardian *and* athlete read and acknowledge all forms.**

ATHLETIC TRAINER – T.F. North will provide a certified athletic trainer. We follow state and federally mandated concussion protocols.

PICTURE DAY – Coaches will notify their team when picture times are scheduled. A team photo will be available for purchase along with individual photos, if you choose to purchase them. Order information will be distributed thru the team's coach.

FALL SPORTS

BOYS CROSS COUNTRY – **Coach Perez** eperez@tfd215.org – Practice will begin TBD

GIRLS CROSS COUNTRY – **Coach Watt** rwatt@tfd215.org – Practice will begin TBD

FOOTBALL – **Coach Stovall** coachtstovall@gmail.com – Practice will begin TBD

BOYS GOLF – **Coach Spilde** cspilde@tfd215.org – Practice will begin TBD

BOYS SOCCER – **Coach Lagunas** alagunas@tfd215.org – Practice will begin TBD

GIRLS TENNIS – **Coach McDaniel** mmcdaniel@tfd215.org – Practice will begin TBD

GIRLS VOLLEYBALL – **Coach Garcia** evgarcia001@yahoo.com – Tryouts will begin TBD

CHEERLEADING – **Coach Webb** nwebb@tfd215.org – Varsity and Sophomore Cheerleaders will have practice and Incoming Freshman will have tryouts beginning TBD

BAND – **Director Malik** jmalik@tfd215.org – The Band will meet on TBD

DANCE – **Coach Wiley** – antonea.wiley@gmail.com

WINTER SPORTS

BOYS BASKETBALL – **Coach Bankston** tbankston@tfd215.org – Boys Basketball tryouts will begin TBD

GIRLS BASKETBALL – **Coach Hadler** jhadler@tfd215.org – Girls Basketball tryouts will begin TBD

BOYS BOWLING – **Coach Twietmeyer** stwietmeyer@tfd215.org – Tryouts will begin TBD

GIRLS BOWLING – **Coach Petitti and Coach Roth** mpetitti@tfd215.org, troth@tfd215.org – Tryouts will begin TBD

WRESTLING – **Coach Springs** springselitewrestling@yahoo.com – Practice will begin TBD

SPRING SPORTS

BASEBALL – **Coach Pignatiello** apignatiello@tfd215.org – Tryouts will begin TBD

GIRLS SOCCER – **Coach Munoz** emunoz@tfd215.org – Practice will begin TBD

SOFTBALL – **Coach Lukaszewski** alukaszewski@tfd215.org – Tryouts will begin TBD

BOYS TENNIS – **Coach Cocco** tcocco@tfd215.org – Practice will begin TBD

BOYS TRACK & FIELD – **TBD** – Practice will begin TBD

GIRLS TRACK & FIELD – **Coach Perez** eperez@tfd215.org – Practice will begin TBD

BOYS VOLLEYBALL – **Coach Sands** ksands@tfd215.org – Tryouts will begin TBD

GIRLS BADMINTON – **Coach Bryce** ebryce@tfd215.org – Practice will begin TBD

The meeting dates, times, and locations for extra-curricular activities will be publicized through the daily school announcements, on the school website, and on monitors located throughout the school building.

BAND – **Mr. Malik** Jmalik@tfd215.org Participating in band gives students the opportunity to join Concert, Cadet, Symphonic, Percussion/ Drums and Color Guard. **Activities include:** football and basketball games, parades, concerts, and festivals.

BEST BUDDIES – **Ms. Shama** Ashama@tfd215.org Best Buddies® is an international organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships and leadership development for people with intellectual and developmental disabilities (IDD).

BROTHER 2 BROTHER – **Mr. Grigsby** Reginaldgrigsby4@gmail.com Mentoring for male students focusing on college and career opportunities.

CHESS – **Mr. Weber** Wweber@tfd215.org Members of the chess team compete against students from other schools in many tournaments throughout the school year. An opportunity also exists for students to learn and develop skills in this challenging sport.

CHOIR – **Mr. Bradshaw** Lbradshaw@tfd215.org The T.F. North Choir is made up of all three choruses: the chorale, advanced, and concert. Choir is designed to introduce and develop basic singing techniques, to increase performance skills, and promote peer tutoring.

CHRONOSCOPE (YEARBOOK) – **Mr. Stephan** Jstephan@tfd215.org Students design the yearbook through writing copy and photography. Throughout the school year, yearbook members will learn about marketing and business, copy writing, photography, and interviewing. A strong leadership quality is an asset.

CONNECTIONS – **Ms. Braasch** Abraasch@tfd215.org Connections helps partner T.F. North mentors with students at their feeder schools to help them transition to high school. Mentors connect with their mentees and teach them about social media, role models, peer pressure, and all things related to high school. The jump from 8th grade to high school can be intimidating, but having a mentor makes the process easier. If you care about your community and working with teens, then this is the club for you!

DRAMA – **Ms. May** Smay@tfd215.org Lights, camera, action! If you like to sing, dance and act in front of a large audience, Drama Club is for you. Being onstage can be a truly thrilling experience. As part of this enthusiastic club, you will be taught to act in character, read scripts, learn improvisation, build stage sets and understand theatric terminology. Each school year, the Drama Club will showcase their students in two plays... the first performance will be in the fall and the second performance scheduled in the spring of each school year.

DREAMERS – **Mr. Perez & Ms. Ramos** Eperez@tfd215.org Jramos@tfd215.org Our goal is to guide, educate and support undocumented immigrant students and their families within our community on their rights and opportunities. We will do this by educating all supporters on immigration and its effects, and by building a strong and safe support system within our building. ALL students who believe and support the idea that everyone should have the same opportunities and rights are encouraged to join this club.

FRESHMEN BOARD – **Mr. Mansour** Tmansour@tfd215.org Freshman gain membership through freshman elections which are held in the fall. Students serving on the Board are a voice for their freshman class

FUTURE TEACHERS OF AMERICA – **Ms. Bivins** Wbivins@tfd215.org Are you interested in being a teacher: early education, elementary school, middle school, or high school? You may want to teach your favorite subject, be a coach, or even be an athletic trainer. If you are interested, join the Future Teachers of America Club.

HISTORY CLUB – **Mr. Weber** Wweber@tfd215.org The purpose of the History Club is to promote awareness about important historical events, as well as the importance of honoring our Veterans and our nation's history. The students in the History Club decide which important issues should be discussed.

JUNIOR BOARD – **Ms. Weber** Mweber@tfd215.org Members are selected, in the Fall of each year, to represent his or her class for the following school year. Elections are held for President, Vice-President, Secretary and Treasurer through Activities Office. The elected Board serves as the voice of the Junior class

LITERARY MAGAZINE – **Ms. Hood** Chood@tfd215.org Literary Magazine is a magazine put out once a year that includes student writing, art, and photography. The primary function of our club is to determine what to put in the magazine and how to design the final magazine. We also host a variety of literary-related activities.

MATHLETES – **Ms. Jones** MJones@tfd215.org Mathletes compete in a variety of written, oral, and group competitions. Students compete at their grade level on a variety of math topics.

MONOGRAM CLUB – **Mr. Schuldes & Mr. Pignatiello** Fschuldes@tfd215.org Apignatiello@tfd215.org The Monogram Club consists of male and female athletes who have earned a varsity letter in one of the many sports offered at Thornton Fractional North. The purpose of the Monogram Club is to promote athletics and school spirit.

NATIONAL HONOR SOCIETY – **Ms. Isberg** Kisberg@tfd215.org The National Honor Society is a club of tradition and prestige. Since 1928, the NHS has aimed to stimulate scholarship, promote leadership, and develop character. The students in this organization work to bring the achievements of outstanding high school students to the attention of their classmates, parents and community members.

PEER MEDIATION – **Ms. Pittman & Ms. Stramaglia** Apittman@tfd215.org Estramaglia@tfd215.org We are a diverse group of students who promote positive relationships in the school and community. We train our members through a specific process to help students settle conflicts with peers before a situation escalates. Currently (2020-2021), we are meeting remotely to find ways to communicate, promote positivity, and have fun!

PRIDE – **Ms. DeSoto** Ddesoto@tfd215.org P.R.I.D.E. stands for **P**eople **R**especting **I**ndividuality **D**iversity and **E**quality. This club is for students who believe in equal human rights; are against bullying; are gay, lesbian, transgender, bisexual, or questioning and/or who want to support their peers who are

POWERLIFTING – **Mr. Owens** Howens@tfd215.org The members of the Power Lifting Team compete against other schools in various power lifts.

RADIO & TV PRODUCTIONS – **Mr. Speski** Rspeski@tfd215.org Meteor Productions is an organization that provides multi-media services for Thornton Fractional North and the surrounding community. Activities include: Technical multimedia support, videotaping special events, editing and audio-visual enhancement, support crew for the drama organization, technical support for dramatic productions, productions of news shows, promotional videos, commercials, surveillance, simulcasts, space enhancement, and many other audio-visual productions.

SCHOLASTIC BOWL – **Mr. Mansour** Tmansour@tfd215.org What is Scholastic Bowl/Quiz Bowl? It is a fun, fast-paced academic competition for students. People who like Jeopardy, Trivial Pursuit, reading, and those who get joy out of increasing their knowledge often participate in this activity. In a match, two teams of five vie to answer the most questions quickly and correctly, using an electronic buzzer system. The questions cover a wide range of topics: art, history, literature, science and math.

SCIENCE/ENVIRONMENTAL CLUB – **Ms. Ball** Sball@tfd215.org The Science/Environmental Club is a club in which students address and promote environmental issues. Students will meet to discuss and plan activities that will directly help the environment. Club also helps foster a love of science including STEM learning. Students will have the opportunity to grow and collaborate with others in an engaging atmosphere on science and engineering projects.

SENIOR BOARD – **Mr. Furmanek** Mfurmanek@tfd215.org The students on Senior Board serve as the official voice of the Senior Class. The board consists of four general officers and ten elected board members. Many opportunities exist for members to use their leadership skills.

SOPHOMORE BOARD – **Ms. Isberg** Kisberg@tfd215.org Sophomore Board members serve as the official voice of the Sophomore Class. The club members focus on community service and fund raising.

SPEECH – **Mr. Posley** Sposley@tfd215.org The Speech Team is a group that competes in public speaking competitions and performances. Individual events are either original or memorized from published material. Anyone who prepares and meets with the coaches may participate, regardless of experience.

STAR GIRLS – **Ms. Lindsay & Ms. Like** Llindsay@tfd215.org Llike@tfd215.org T.F. North STARS is a female club designed to help girls of T.F. North to discover there is more to themselves and the world than they realized; and become self-sufficient, responsible young adults. By providing a nurturing environment, girls are encouraged to try new things. These experiences are based on real life scenarios, outings, conferences, mentoring, and much more. We believe that all girls are capable of achieving their full potential despite any social or cultural barriers to their success.

STUDENT ACTION TEAM – **Ms. Dowd & Ms. Boesenberg** Adowd@tfd215.org Aboesenberg@tfd215.org The Student Action Team is a community-service based student group. The students plan and organize volunteer events around the school and in the Chicagoland area. Action Team leaders (captains) are eligible for college scholarships and acquire valuable community service experience to include on college applications.

STUDENT COUNCIL – **Ms. Gair** Vgair@tfd215.org Student Council is a club that promotes citizenship within the student body. The purpose of the club is to provide students with the opportunity to govern on school-related matters and decisions.

STUDENT EQUITY & LEADERSHIP CLUB – **Ms. Moss** Rwilliford@tfd215.org As our District continues the D215 Equity Action initiative, we are making steps to empower and inspire students to lead through advocacy and agency. With this being said, our district recently approved a new club called the Student Equity and Leadership Club. This is a brand-new club and we are glad to introduce it to our T.F. North community. The Student Equity and Leadership Club is a great step forward in making sure that the voices of our student body are being heard.

THORNTONIAN (NEWSPAPER) – **Ms. Hinton** Nhinton@tfd215.org Thorntonian Newspaper staff members are expected to be actively involved in the following: idea and story development, research, interviewing, information gathering, copy writing, advertising functions, editing, photography, and layout. As the voice of T.F. North, The Thorntonian, can be a powerful tool for student expression. Members are expected to take their role seriously and perform them accordingly to professional journalistic guidelines.

VISUAL ARTS CLUB – **Ms. Weber & Ms. Basinger** Mweber@tfd215.org Jbasinger@tfd215.org The Visual Arts Club consists of students that are interested in the Visual Arts. The purpose of the Visual Arts Club is to promote the arts and participate in various art shows/community events.