



Alan B. Shepard

Activities Handbook 2017-2018



Dear Shepard Astros,

Welcome to another school year!

We hope you are reading this because you are considering joining an activity. Great idea!



Participating in extra-curricular activities is a valuable opportunity to explore new interests or to improve in something you already enjoy doing. Being a part of a club provides you with an opportunity to meet new people and to try new things. It also allows you to gain experience in working together in a team and to demonstrate your leadership skills. Being able to include that on your resume or application makes you stand out to future employers and colleges!

Not sure which club to join? If you play to win, try one of the competitive clubs. You'll represent Shepard as you compete against local high schools. Love the spotlight (or shining it)? We have performance clubs where you can show off your talent. Our elective class clubs are an extension of your daily schedule which means you get to earn credit towards graduation for doing something you enjoy! You'll work towards a common goal - creating the yearbook, for example, during a class period and have occasional after-school commitments. Our student interest clubs offer something for everyone. We have language clubs, clubs that organize social events in the school, volunteer clubs and many others. If you have an idea for a new club you would love to see at Shepard, read page 8 see how to go about making that happen. We are always open to new ideas!

No matter what your interests, use the clubs as an opportunity to be you. Get involved!

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@absAstros

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CLICK ON CLUB NAME TO GO TO CLUB WEBPAGE

MEETING DAYS AND TIMES

Club Name	Sponsor Name	Meeting Day(s)	Time	Location
Chess Club	Kallenborn	Monday/Tuesday	3:30-5:30	A221
Group Interp	Nebor	TBD Season starts in March	TBD	A125
Mathletes	Jett/Kall	Tuesday	7:15-7:55 A.M. or 3:20 - 4:00 P.M.	B125
Scholastic Bowl	Brewczynski/Schroeder	Wednesday	3:20 - 4:20 P.M.	B127
Showchoir (A)	Fallon	TBD	6-8:30 p.m.	Choir
Speech	Nebor/Fawk	Monday	3:20 - 4:15 P.M.	A125
STUDENT INTEREST CLUBS				
ACA and STOMP	Gaddis/Yarborough	Monday, Tuesday, Thursday	3:30 - 5:15 P.M.	A119
Ambassadors (N)	Cochrane/Stahr	2nd Wednesday of the month	3:30 - 4:30 P.M.	A226
Art Club	Rentfro	Every other Tuesday	3:30 - 4:30 P.M.	B134
Coding Club	Kreuger	Wednesday	3:30 - 4:30 P.M.	B113A
Computer & Robotics	Oziemkowski	Every other Wednesday	3:20 - 5:00 P.M.	B113
D218 TV	Coglianese	TBD	TBD	
FAST Auto Club	Kroggh	2nd and 4th Wednesday	3:30-5:30 P.M.	B117
Game Club	Kallenborn/Ferriter	Thursdays	3:30-5:30 P.M.	A221
GSA	Nisavic	Every other Wednesday	3:20 - 4:15 P.M.	A319
German Club	Fischer	Every other Tuesday	3:20 - 4:20 P.M.	A225
Improv	Nisavic	Friday	3:20 - 5:00 P.M.	A319
International Exchange	Fischer	Every other Tuesday	3:20 - 4:20 P.M.	A225
JROTC	Johnson/Saberniak	Enroll in class next year!		
Leading Ladies	Gaddis/Shannon	Every other Tuesday	3:30 - 4:30 P.M.	A119
Leo Club	Tunstall	Every other Wednesday	3:20 - 4:20 P.M.	B108
Prom Committee	Cruz/Heenan	Every other Tuesday	7:30 - 7:55 A.M.	A231
Science Club	Brewczynski/Shalabi	Once a month Thursday	3:20 - 5:00 P.M.	B119
Snowball	Murphy/Walls	Second Monday of the month	3:30 - 4:30 P.M.	TBD
Spanish Club	Frausto/ODonoghue	Every other Tuesday	3:25 - 4:25 P.M.	A229
Student Council	Hanna/Stasiak	Wednesday	3:20 - 4:20 P.M.	A309
Youth and Government (N)	Hanna/Siska	Thursday	3:20 - 4:15 P.M.	A309
PERFORMANCE BASED CLUBS				
Color Guard	Pitlik	T/W/Th	3:30 - 6:00 P.M.	Band Room
Drama		Friday	3:20 - 4:15 P.M.	A125
Jazz Band (A)	Pitlik	Tuesday/Thursday	3:30 - 5:00 P.M.	Band Room
Marching Band	Pitlik	T/W/Th	3:30 - 6:00 P.M.	Band Room
Musical (A)	Fallon	See Mr. Fallon	Auditions August 29 and 30	Choir
Play (A)	Fawk	TBD	TBD	A125
Theater Tech	Fallon/Nebor	See Mr. Fallon	Varies by Show Schedule	A125
HONORS ORGANIZATIONS				
NHS (U)	Healy/Mahoney	Last Wednesday of Month	7:25-7:45 A.M. or 3:25 -3:45 P.M.	A127
TRI-M (U)	Pitlik	Once a month Monday	3:20-4:15	Band Room

N = Not open to Freshmen U = upperclassmen only A = audition required

CLUB DESCRIPTIONS

COMPETITIVE CLUBS

CHESS TEAM

Chess has been played for centuries by the greatest minds on our planet. This game, designed for mental athletes, is an amazing activity for both veterans and novices. We teach and learn together as we prepare for battle against other high schools in Illinois and the nation.

COLORGUARD

The color guard accompanies the marching band activities. The members learn the fundamentals of spinning flags, rifles and sabers while incorporating movement and dance.

GROUP ITERP

Group Interpretation is a competitive performance that competes in the IHSA State Series. Its minimalist set and costumes leave for performances that bring out a strong ensemble and a unique style of acting.

MARCHING BAND

The marching band is a co-curricular ensemble that meets both during the school day as a class and after school. The award-winning band performs at home football games, community parades and competes in contests throughout Illinois.

MATHLETES

Athletes is an academic club that challenges its members with complex mathematical tasks. Participants in this club engage in competitions against other schools in a variety of math concepts. Mathletes is a great way to advance your math abilities while meeting new friends and having fun!

SCHOLASTIC BOWL

Scholastic Bowl is a Jeopardy-style competition where teams from ABS compete against other schools in topics that include academic, popular culture, music and sports.

SHOWCHOIR

Showchoir is a singing and dancing performance ensemble. It competes between January and March in contests throughout the Midwest. It also features a full instrumental combo and crew. Auditions for singing and dancing will be the week of August 21st. Starting mid-November we practice three days a week. Students interested in crew should contact Mr. Fallon and for the Musical pit and the combo, contact Mr. Pitlik.

SPEECH

Speech Team is a competitive activity that focuses on acting and public address. We compete from October through February during the school year.

STUDENT INTEREST CLUBS

AFRICAN AMERICAN AWARENESS (ACA + STOMP)

The African American Awareness Club consists of a group of students who celebrate and share with the student body the African American culture through a variety of activities including the Black History Jam in February.

AMBASSADORS

We are a group of students that care about our school and how it is represented. We were formed under the idea that students want to give back to their school community. Our Ambassadors are leaders within the school community and strive to ensure that all guests of Shepard High School are made to feel welcome.

ART CLUB

Art Club is intended to go beyond the opportunities of the art classroom. Because art is such an individual activity, artists can be isolated. This club is designed for student artists to collaborate on projects. It is also a way for artists to critique, learn from, and encourage other artists

COMPUTER AND ROBOTICS

The Computer/Robotics Club is a hands-on learning, after-school program, where students can explore the creative side of Science, Technology, Engineering, and Math (STEM). The club introduces students to the modern concepts of Engineering through, Computer Aided Design, Laser Technology, 3D printing, Robotics and other Technologies. The club's goal is to educate students and promote interest in the field of Engineering.

FAST AUTO CLUB

Is a hands-on learning after school program where students can develop and improve their technical and mechanical skills with a focus of what would be required of them in the industry, some of the concepts include; engine repair, brakes and chassis, steering and suspension, electrical/electronics, automotive HVAC, engine performance, and light fabrication. This clubs also serves as an extension of the automotive

GAME CLUB

There is a place for the gamer minded to shine at ABS, and that place is Shepard Game Club. We dabble in all sorts of gaming: board, card, video, role-playing, etc.

GAY-STRAIGHT ALLIANCE (GSA)

Come and be comfortable in your own skin in an open and accepting setting. The Gay-Straight Alliance has three goals: to provide a safe place for students to share their feelings, to raise awareness about the LGBTQ movement and to have fun! You can build lasting friendships and reach out to the community in the name of change and acceptance.

GERMAN CLUB

Come experience the German culture. We do many fun activities including Strudelfest, decorating gingerbread houses, Oktoberfest and Nutella Day. We also take field trips to German restaurants and the Christkindlmarket in Chicago.

IMPROV CLUB

Develop your acting skills, quick-thinking skills, and creativity in a safe setting. Improv is the art of acting in a scene on stage with no script! We'll teach you how to build the confidence and ability to perform in this fun and entertaining way.

INTERNATIONAL EXCHANGE

Alan B. Shepard has had a student exchange with Johann Wolfgang Goethe Gymnasium since 1985. Students from Germany come to ABS to stay with our students for approximately three weeks. The following summer, our students go to Germany.

JROTC

Junior ROTC is a class open to all levels of students. We have a Marksmanship team, Color Guard and more! We participate in many volunteer opportunities in and out of school. Talk to your counselor at course selection in January to enroll

LEADING LADIES

This club is open to females at Shepard high School. You will enhance your leadership skills and discuss topics related to today's women. We have guest speakers and take several fun field trips.

LEO CLUB

Leo Club is a service organization partnered with Worth Lion's International Club that works to give back to the communities of Shepard High School. We volunteer with children and senior citizens, serve meals to those in need, clean our community and much more!

ORANGE CRUSH

The Pep Club is designed to be an active, supportive group for all activities at Shepard. Our main focus will be to support all student athletes and activities, and to encourage school spirit into our school day. The most important activity is attending school functions, but as a Pep Club member you will also participate in school spirit activities during the school day.

PROM COMMITTEE

The prom committee plans...PROM! We make many of the decisions that go into planning of prom and fundraise to keep ticket prices down.

SCIENCE CLUB

Science Club members explore the various branches of science through fun experiments and investigations. We participate in a conference-wide competition in which students build bridges, egg drop containers, paper airplanes, etc.

SNOWBALL

Operation Snowball is founded on the belief that youth and adults can make responsible decisions when provided with the opportunity to develop an understanding of one's self and motivations. We host one retreat each year and also help lead Red Ribbon Week during the month of October.

SPANISH CLUB

Spanish club accepts anyone and everyone. You do not need to know Spanish to come, however having some knowledge is helpful! We explore different cultures and play games where we can practice using our language skills.

STUDENT COUNCIL

Student Council is Shepard's social event coordinator. We host Homecoming and Winterfest, plan pep assemblies and organize other events during the school year. We're always looking for fresh ideas!

YOUTH AND GOVERNMENT

Illinois Youth and Government is co-sponsored with YMCA. We reenact all aspects of the Illinois State Government in which students can participate in the many facets of the program from legislative, judicial, media, lobbyists, legislative assistants, newspaper, and even running for a higher office. Youth and Government offers a unique, fully interactive opportunity for students to truly see how government works.

PERFORMANCE-BASED CLUBS

JAZZ BAND

Jazz Band rehearses from late fall to spring. It explores a variety of styles on music such as swing, funk, Latin, rock, ballads, and more. The Jazz band performs at many different events but the premier event is the band dinner dance. Instrumentation consists of saxophones, trumpets, trombones, piano, guitar, bass, drums, and auxiliary percussion.

MUSICAL

This year's musical is the Adams Family. Its creepy and it's cooky and all together ookey. Tryouts TBD but most likely last week of August.

PLAY

Auditions are held in January for the spring play and the performance is in April.

THEATER TECH

Students work behind the scenes of all major events in the Fine Arts Center. Stage Crew operates the lights and sound for events like concerts, plays, musicals and ceremonies.

HONORS ORGANIZATIONS

NATIONAL HONOR SOCIETY (NHS)

The NHS is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to recognize those students who have demonstrated excellence in the areas of scholarship, leadership, service and character.

TRI-M

The Tri-M Music Honor Society membership is based on involvement in music activities, leadership within the music ensembles, the ability of the student as a music performer and dedication to the music department. Students in the organization consists of members of Band and Choir programs.

PARTICIPATION EXPECTATIONS

The success of any club depends on the attendance and participation of each member during meetings and events. Many absences reflect a bad attitude and poor work habits. Colleges and employers seek candidates who show longevity and leadership in organizations as opposed to just being a member of numerous clubs.

Attendance will be taken at all meetings and events. There will be sign-in sheets and logs to track student attendance and hours of service in each special event. If you signed up or gave a verbal commitment, then your attendance will be expected. *Remember that once you make a commitment you are asked to see it through to the end.*

If expectations are NOT met – then

1. Parental Notification of their lack of follow through of student expectations.
2. Participation in the club will not be listed on your transcript.
3. Termination from the club.

For clubs that meet . . .

weekly, you can miss no more than 4 meetings per semester.

twice a month, you can miss no more than 2 meetings per semester.

monthly, you can miss no more than 1 meeting per semester.

NEW CLUB PROCEDURES

To be eligible for consideration as a club sponsored by Alan B. Shepard High School, a club must meet the following criteria:

- Evidence of sufficient student interest (10 + students per meeting)
- Availability of a sponsor (pilot without stipend for the first year)
- Inclusiveness(i.e., the degree to which the club is designed to appeal to and include students regardless of race, gender, religion, national origin, disability, or other characteristic)
- Clear purpose of club and no significant duplication of purpose, goals, or activities of an existing club.
- A volunteer component that contributes to the positive climate of the school.

If the above criteria are met, the process for starting new club is as follows:

- Obtain and complete a proposal form from the Activities Office
- Review of the proposal with the Activities Facilitator considering the above criteria
- Meeting between the potential sponsor and/or students and the Facilitator of Student Activities to discuss the proposal.
- Final decision is issued by the Assistant Principal of Activities
- If a club is accepted as a school-sponsored club, the club will be on “pilot” status for two full semesters and a specific plan to start as a school-sponsored pilot club will be developed by the sponsor, students, and the Facilitator of Student Activities.