

BALANCING ACADEMICS AND EXTRACURRICULARS

Teresa Hudgens
8th Grade Night 2019

FALL SPORTS

- Cross Country
- Football
- Golf
- Boys Soccer
- Girls Swimming
- Girls Tennis
- Girls Volleyball
- Cheer
- Poms



WINTER SPORTS

- Basketball
- Bowling
- Boys Swimming
- Wrestling
- Cheer
- Poms



SPRING SPORTS

- Girls Badminton
- Baseball
- Girls Soccer
- Softball
- Boys Tennis
- Boys Volleyball
- Track





CLUBS/
ACTIVITIES

- Band/Choir/Orchestra
- Punk/Metal Club
- Video Game Club
- Anime Club
- K-Pop Club
- HOSA
- Academy Roundtable
- No-Name
- Sign Language Club
- GSA



CLUBS/
ACTIVITIES
CONT.

- Garden Club
- Math Team
- Conservation Club
- Welding/Metals Club
- Dungeons and Dragons Club
- Key Club
- Fearless Females
- Art of Dance Club
- Yoga Club

CLUBS/
ACTIVITIES
CONT.

- Speech Team
- Scholastic Bowl
- Group Interpretation
- Fall Play
- Student Counsel
- Science Olympiad
- Wild West
- NHS



CLUBS/ACTIVITIES

- If there isn't already a club, you're interested in you can always make your own!
- Get a teacher to sponsor
- Getting involved at West is the best way to spend your 4 years!
- Check out the tables in the field house!

ACADEMIC REQUIREMENTS

- IHSA requires athletes to be passing at least 4 classes in order to participate.
- Each coach has an academic policy
- Grades are monitored and checked by coaches on a weekly basis in order to determine eligibility



AVERAGE SCHEDULE

- Wake up
- School (7:20-3:15 for Freshmen)
- Practice (3:30-5:30)
- Clubs (3:30-4:30)
- Games (3:30-7)- depending on sport and if home or away
- Homework (6-7)
- Dinner/Shower (7-8)
- Get ready for next day

IT CAN BE A LOT....

- Ask your teachers for help!
- Ask your classmates if you are confused
- Work together with classmates
- Talk to your counselor to choose the classes right for your schedule
- Prioritize grades above activities
- Use advisory to talk to teachers and to catch up on work

HOW TO STAY ON TOP OF YOUR WORK

- Buy a planner/ use app to organize important dates
- Write down deadlines and make personal deadlines
- Make designated catch-up days (Sundays work great!)
- Have a family calendar with dates you stay after school
- Time management!
- Have an hour of no-phone time, so you don't get distracted from doing your work

GETTING INVOLVED

- Check the school website and calendar for information on important dates, such as tryouts or meetings
- Follow sponsors and coaches on Twitter
- Email coaches and sponsors if you have questions
- Look for signs and posters around school
- TNN

QUESTIONS?

