

ATHLETICS

Bishop Heelan High School is known for having an outstanding athletic program. Our Crusader Pride has a rich history full of conference and state titles. Based on the level of interest, some sports require tryouts, while some are open to all students.

We participate in the Missouri River Activities Conference, which is made up of Bishop Heelan, Sioux City East, North, West, Le Mars, Council Bluffs Abraham Lincoln, Council Bluffs Thomas Jefferson, and Sergeant Bluff-Luton.

Contact: Athletic Directors

Andy Foster
712-226-0371

andrew.foster@bishopheelan.org

Jay Wright
712-226-0360

jay.wright@bishopheelan.org

Alicia Porsch, Athletics Manager
712-226-0365

alicia.porsch@bishopheelan.org

GIRLS ATHLETICS

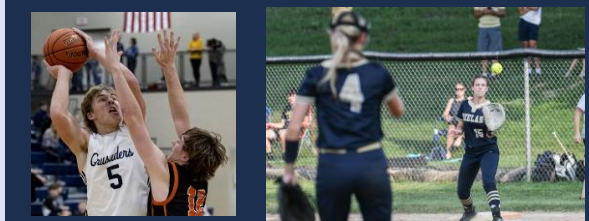
Basketball
Golf
Track
Softball
Volleyball

Cross Country
Tennis
Soccer
Swimming
Wrestling

BOYS ATHLETICS

Basketball
Golf
Track
Baseball
Football

Cross Country
Tennis
Soccer
Swimming
Wrestling



CHEERLEADING

If you have school spirit you should consider trying out for cheerleading. There are cheerleading squads for football, boys basketball, girls basketball and wrestling. Try-outs – to be determined. Cheerleading is available for freshmen through senior girls.

Contact: Mrs. Alicia Porsch

Alicia.Porsch@bishopheelan.org



INTRAMURAL SPORTS

Intramurals are open to all students. We play 6 weeks of co-ed volleyball in the fall with a tournament at the end. We also have a dodgeball tournament in the spring. Students enjoy forming teams with friends and showing off their skills.

Contact: Mrs. Mindy Oberle

mindy.oberle@bishopheelan.org

DANCE TEAM

If you enjoy dancing, then the Dance Team is for you. Try-outs take place in May. Freshman through seniors start the season with summer practices and dance camp. The Dance Team performs at home football and basketball games as well as at competitions.

Contact: Ms. Morgan Froehlich
mcfroehlich4@gmail.com

Mrs. Alicia Porsch
alicia.porsch@bishopheelan.org



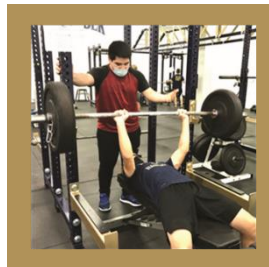
WEIGHT ROOM

All students are welcome to build strength and fitness in our upgraded Weight Room in the CYO. We offer 14 strength stations for bench squats, pull-ups, hang clings and the "Crusader bridge" with bars to build strength and agility. Workouts are structured for students to meet the demands of their sports or general fitness. The center is open most days to students working out for class, sports, or personal fitness.

Our strength and conditioning program is available to ALL students year around. We provide structured workouts in and out of season, exercise science classes, team workouts, speed camps and summer workouts and camps.

Contact: Mr. Trevor Westhoff

trevor.westhoff@bishopheelan.org



Bishop Heelan High School Activities, Clubs, and Athletics



One of the best parts of high school is all the fun and experiences you can enjoy in extra activities outside of school hours. You will meet new friends learn more about yourself and might just discover something that you will love forever!



STUDENT COUNCIL

If you are interested in planning homecoming, prom, community service projects, and other student activities, then the Bishop Heelan Student Council is the club for you! The student council provides a forum for students to express their opinions and plan major student activities during the year. The council is made up of elected delegates from every class and four senior officers. Meetings are held on the 1st and 3rd Wednesday of the month during Crusader Time.

Contact: Mrs. Megan Schettler

megan.schettler@bishopheelan.org

MIRACLE MAKERS

The "Miracle Makers" work with the school and community to raise money for the Make- A-Wish Foundation. The money is used to grant wishes for children with life threatening illnesses. Fun events include Soctober, No Shave November, Snowball Dance, and other events; all to raise money for this wonderful cause.

Contact: Mrs. Abby Billings

abby.billings@bishopheelan.org



ENVIRONMENTAL CLUB

These students make Heelan and our community cleaner and inform others of environmental issues in our world. The club meets once a month during Crusader Time.

Contact: Mrs. Juliane Flanery

juliane.flanery@bishopheelan.org

MIRACLE MAKERS

The "Miracle Makers" work with the school and community to raise money for the Make- A-Wish Foundation. The money is used to grant wishes for children with life threatening illnesses. Fun events include Soctober, No Shave November, Snowball Dance, and other events; all to raise money for this wonderful cause.

Contact: Mrs. Abby Billings

abby.billings@bishopheelan.org

HEELAN FOR LIFE

This club promotes the dignity of human life from conception till natural death. We host various activities each month called "life nights" that promote the pro-life position which include praying outside Planned Parenthood, volunteering at Mary's choice, hosting diaper drives for mothers in need, getting pro-life speakers to come to the school, having material to help students understand more about this topic, and taking a trip to Washington D.C. for the annual March For Life. Follow @heelan4life for all the upcoming events!

Contact: Selena Thompson

selena.thompson@bishopheelan.org

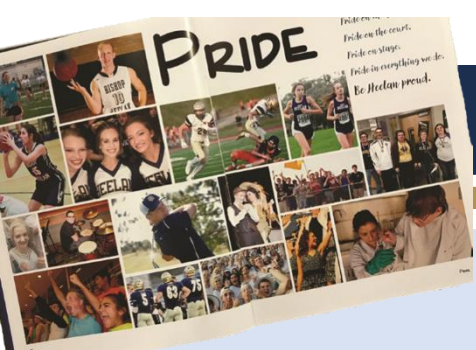
KNIGHTS OF THE ALTAR

The Knights of the Altar is open to all juniors and seniors to serve liturgical functions for the school, diocese, and the Carmelite Nuns.

Contact: Mr. Elliot McLarty

elliott.mclarty@bishopheelan.org





SHIELD

Our yearbook known as The Shield -- which captures memories of our high school years -- is created by Journalism II and III students, using Studioworks and Adobe Photoshop. Student deadlines include writing, photography, layout, and design. Both Journalism classes teach newswriting technology skills, business skills and life skills that transfer into many fields of study. Students must pass Journalism I with a C or better to be considered for a staff position.

Contact: Mrs. Emily Bonnema
emily.bonnema@bishopheelan.org

PRIDE ONLINE

If you have taken Journalism you can help produce stories for *PRIDE Online*, Heelan's quarterly electronic newsletter for students. Stories and photos could be used for social media, too.

Contact: Mrs. Emily Bonnema
emily.bonnema@bishopheelan.org

MAYOR'S YOUTH COMMISSION

Many Heelan students are members of the Sioux City Mayor's Youth Commission -- a citywide student organization that involves teens in community projects and events. Freshman and sophomores apply to be members, enjoy meetings and activities and finish their membership half-way through senior year. Some 130 teens from the City's four high schools volunteer thousands of hours each year.

Contact: siouxcitymymc@gmail.com
siouxlandcaresdirector@gmail.org



FAITH ACTIVITIES

Bible Studies/Small Groups Class Retreats Steubenville Summer Conference Weekend Retreats for those wishing to go deeper in prayer Lectors Knights of the Altar (Servianti Domini is just the 5 head sacristans, KOA are all servers) Spring Break Pilgrimage

Contact: Mrs. Lexi Horstman
lexi.ricke@bishopheelan.org

NATIONAL HONOR SOCIETY

Membership is based upon scholarship, service, leadership, and character. Good grades are only the beginning. The students apply for NHS by filling out paperwork showing their involvement inside and outside school. Faculty and staff members are invited to complete a rating sheet for the eligible candidates. Then a committee meets with the NHS (a non-voting member) to determine new members.

Contact: Mr. John Jorstad
john.jorstad@bishopheelan.org
Ms. Christina Odom
christina.odom@bishopheelan.org

BOOK BASH

Book Bash is a competitive book club where students read award winning fiction and non-fiction books, then compete as a team in the spring to test their knowledge and win free books.

Contact: Mrs. Emily Bonnema
emily.bonnema@bishopheelan.org

SPANISH CLUB

The Spanish Club fosters an interest in the Hispanic culture and provides an opportunity to speak Spanish in an informal setting. Club funds will benefit a child from a Spanish-speaking country.

Contact: Ms. Jeri Sturges
jeri.sturges@bishopheelan.org

DEBATE

Bishop Heelan has a strong tradition of excellent debate teams and regularly place in competitions. Debate is part of the curriculum and extra-curricular activities. Debaters compete in all levels, primarily Public Forum and Student Congress. Lincoln-Douglas and individual debate events are also available.

Contact: Ms. Alexis Britson
alexis.britson@bishopheelan.org

SPEECH

If you enjoy performing solo or with groups of students, you should look into large group speeches or individual events. These groups compete in reader's theatre, choral reading, ensemble acting, one act plays, and more!

Contact: Mrs. Emily Bonnema
emily.bonnema@bishopheelan.org

VISUAL ARTS CLUB

This club promotes artistic expression and appreciation of the arts. Through art projects, crafts, guest artists, art fundraisers, visits to gallery openings and creative service projects the club encourages students to learn about the immense value the world of art offers.

Contact: Mrs. Amy Sobaski
amy.sobaski@bishopheelan.org

QUIZ BOWL

Quiz Bowl is a long-time academic program which features competition between Sioux City and area high schools and national qualifying competitions. Students practice answering questions on a variety of subjects weekly from late September through March. Usually, 2 teams represent Heelan at competitions.

Contact: Mrs. Christy Osborn
christy.osborn@bishopheelan.org

VOCAL MUSIC

If you enjoy singing, Bishop Heelan has an outstanding music department with many different choirs for every level of performer:

Freshman Women's Chorus
Crusader Choir (Men's Choir)
Bel Canto (Women's Choir)
Chorale

These choirs perform at the Fall Concert, Madrigal, Pops Concert, Spring Concert and State Large Group Contest.

THE VOCAL MUSIC DEPARTMENT ALSO OFFERS:

Private Voice Lessons	Chorale Tour
Spring Musical	Liturgical Choir
Solo and Small Ensemble Contest	All-State/OPUS Choir



SHOW CHOIRS

All Showchoir participants are selected by audition and practice outside of the normal school day. All members must be enrolled in one of the curriculum choirs that meet during the school day. All showchoir groups are competitive.

GENESIS is comprised of 7th and 8th grade students from the three middle schools of the Bishop Heelan Catholic Schools system and St. Michael's, South Sioux City.

MAGNIFIQUE is the Women's group made up of freshmen through senior women. This group looks forward to making its presence known this competition season.

HARMONIA MUNDI our highly competitive varsity showchoir, is celebrating its 37th year. This group travels to a variety of invitationals during the competition season, always representing Heelan with pride. **Contact:** Mr. Gage Fenton
gage.fenton@bishopheelan.org



INSTRUMENTAL MUSIC

Heelan's band program offers many performance opportunities for students. The main ensemble is the Bishop Heelan Concert Band which plays a variety of music that challenges students of all ability levels. The concert band performs four concerts throughout the year and takes a trip every other Spring. Recent destinations include Atlanta, New York City, Chicago, and Orlando. Students also have the opportunity to perform in our other ensembles:

- Marching Crusaders (first quarter required if in the concert band)
- Gold & Blues Jazz Band (jazz one)
- Grandview Boulevard Blues Band (jazz two)
- Pep Band
- Pit Orchestra for the Musical
- Show Choir Band (4 different ensembles)
- Honor Bands
- Solo & Ensemble Contest
- AND much, much more!

If you enjoy visual arts, Color Guard for marching band is open to all participants with no audition requirement. The guard combines dance movements and flag technique to bring an additional visual element to the Marching Crusaders and receives credit as a quarter long class
Contact: Ms. Jeana Larson, Director of Bands
jeana.larson@bishopheelan.org



THEATER

Does the stage beckon you? Bishop Heelan theatre is calling. You could star in the annual spring play or the big musical production in fall. Everyone is eligible to audition, so come, try it out!

Contact: Mrs. Emily Bonnema
emily.bonnema@bishopheelan.org