

Gower Middle School Extracurricular Activities Handbook 2025-2026



This Handbook provides a comprehensive reference for all Gower Middle School extracurricular activities. The contents of this Handbook will assist you and your child in making decisions regarding his/her involvement in extracurricular activities.

Participation in and/or attendance at extracurricular activities is a privilege. It is the student's responsibility to maintain eligibility by meeting all academic and behavioral standards.

Student, Parent, and Spectator Expectations

STUDENT EXPECTATIONS

Participants in Gower Extracurricular activities are expected to follow school expectations.

- Maintain academic eligibility on a weekly basis (policy 7:300)
- Attend all practices, rehearsals, competitions, and performances
- Conduct yourself at all times in a manner consistent with school expectations as defined in the Parent/Student Handbook
- Serve as a positive role model for other students
- Demonstrate your commitment to your teammates, coaches/sponsors, and the school
- Respect the integrity and judgment of game officials
- Show respect for the opposing players, coaches, and spectators
- Take care of all uniforms and equipment

In addition, students participating on athletic teams must also satisfy the following requirements by providing:

- Written parental permission to participate, including giving the District a full waiver of responsibility of risks involved
- A current sports physical on file in the Health Office prior to start of tryouts
- Proof of insurance prior to the start of tryouts

PARENT EXPECTATIONS

Parents play important roles, supporting the child's participation in athletics and extracurricular activities. Gower Middle requests that all parents understand and meet the following expectations:

- Complete and return all required forms
- Pay a \$40 activity fee per sport in a timely manner.
- Support your child's attendance at all practices, rehearsals, competitions, and performances
- Require your child to follow the rules established by the coach/sponsor
- Help your child to be on time to all practices, rehearsals, competitions, and performances
Pick up your child afterwards at the appropriate time and place
- Support the eligibility program
- Provide for the proper care and return of all uniforms and equipment if applicable
- Respect the decisions of coaches/sponsors
- Direct concerns to the coach/sponsor
- Notify the coach/sponsor well in advance of any schedule conflicts that will result in an absence

COACH RESPONSIBILITIES

Our coaches and sponsors work hard to ensure that students have a positive experience. The main duties and responsibilities of coaches/sponsors include:

- Provide written or electronic information regarding team/activity rules, procedures, scheduled practice and game/performance information
- A thorough knowledge of safety procedures
- A thorough knowledge of the activity to adequately prepare participants for their competitions or performances
- Adherence to established practice and game/performance schedules
- Supervision of participants at all times
- Respect for the integrity and judgment of game officials
- Respect for the integrity and personality of each participant
- Support and follow the district's discipline and extracurricular eligibility program as it applies to eligibility for participants
- Provide locations and times of all practices and games/performances
- Provide an explanation of discipline that results in the denial of your child's participation
- Communicate concerns regarding your child's role as a team/activity member
- Provide information about concussion protocol and the use and abuse of anabolic steroids

SPECTATOR EXPECTATIONS

Gower expects that any individual attending an extracurricular activity demonstrates the highest level of respect for the participants, officials, and other spectators. Spectators are reminded that:

- It is a privilege, not a right, to observe games/meets/performances
- You are at an athletic or extra-curricular activity to support the program, its participants and to enjoy the competition/performance
- Athletic or extra-curricular activities are a learning experience for students and that mistakes are sometimes made
- Observe all school rules

Gower expects mutual respect, civility, and orderly conduct among all individuals on school property or at a school event (Policy 8:30). It is expected that individuals who attend Gower extracurricular events conduct themselves appropriately and demonstrate good sportsmanship. Any person who behaves in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event and/or denied admission to school events for up to one (1) calendar year. (Policy 8:40)

S.D.E.A.A. Conference Athletic Teams

Gower Middle School is a member of the Southeast DuPage Elementary Athletic Association. The following is a list of the activities in which students participate as well as information regarding the time commitment involved for a participant in a conference sport. Each activity specifies the grade level participation as follows:

IESA State Series

Gower Middle School is a member of the [Illinois Elementary School Association](#) and takes part in the state athletic series for the following sports and activities:

Golf
Cross Country
Boys' and Girls' Basketball
Wrestling
Girls' Volleyball
Scholastic Bowl
Track and Field

FALL SPORTS

Cross Country (Boys and Girls)

Cross Country is a distance running sport. Practices enable runners to develop cardiovascular conditioning. Members learn to pace themselves, monitor their workouts and adapt to the differing environmental conditions. The team's goal is to have runners improve their race times throughout the season.

Level: One team (5th grade through 8th grade)

Season: Start: Beginning of the school year
End: Late October

Practices: 1 hour daily

Meets: Begin at 4:15 pm

Other: The Cross Country team participates in the Illinois Elementary Schools Athletics Program. Through this program runners may qualify for the State Meet via sectional and regional competition. The team also runs in a Saturday conference meet at the end of the season.

Note: This is a "no-cut" sport.



Golf Team (Boys and Girls)

The Gower Golf Team is designed for students who have golf experience and a general knowledge of golf, including etiquette, rules and scoring. USGA/IHSA rules will be followed. Students are expected to provide their own golf bag, clubs, tees and golf balls. Students will carry their bags during the match/tournament. Students will also be expected to dress in appropriate golf attire, including athletic/golf shoes (no metal spikes), appropriate shirt, shorts or pants (no jeans).

Level: One team (5th grade through 8th grade)
Season: SDEAA Tournament - Mid September



WINTER SPORTS

Basketball

Junior Varsity Boys Basketball stresses that the main objective at this level is to work on the basic skills of the game as well as to gain valuable practice and game situation experience. Practice time will be spent developing ball-handling skills, passing, proper shooting technique as well as defensive and offensive strategies.

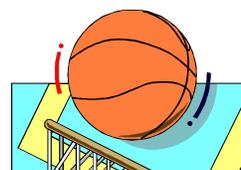
Varsity Boys Basketball is played at a much higher level of quickness and competitiveness than junior varsity basketball. The basic skills taught at the lower level are still covered in everyday practice. Skills such as different agility movements, dribbling, passing, and shooting are reviewed. Game strategy as well as learning and executing different offenses and defenses are emphasized.

Junior Varsity Girls Basketball places emphasis on basic skills - such as dribbling, passing, shooting and rebounding. Offensive and defensive schemes are taught and practiced. Conditioning for game situations is improved as team play is developed.

Varsity Girls Basketball continues to develop basic skills. Major emphasis is placed on offensive and defensive strategies. Players strive for consistent teamwork and overall understanding of the game. This program is a building block for higher level of play.

(BOYS AND GIRLS)

Levels: J.V. (5th, 6th & 7th grades) and Varsity (7th grade-at coach's discretion, 8th grade)
Girls' Season: Tryouts: Mid September
Start: Mid September
End: Mid December



Boys' Season: Tryouts: Mid October
Start: Early November
End: Mid February
Practices: 2 hours daily
Games: Approximately 4:15 and 5:30 pm
Other: The Varsity teams plays in an SDEAA conference tournament upon completion of season. Teams will participate in IESA regional games and possibly IESA sectional and state competitions.

Volleyball - Girls

Volleyball is offered at two levels, JV and Varsity. The goal of our season is to be competitive within our conference. Players will continually work on the basic skills of the game and concentrate on drills utilizing the skills of passing, setting, serving as well as team strategies.

Level: JV (6th and 7th grades) and Varsity (8th grade)

Season: Tryouts: Early-Mid December

Start: Early January

End: Mid-Late March

Practices: 2 hours daily

Matches: Approximately 4:15 & 5:30 pm

Other: The Varsity Team participates in a Saturday conference tournament in Mid March. Teams will participate in IESA regional games and possibly IESA sectional and state competitions.



Cheer Team

The cheer team provides an opportunity for members to promote school spirit. The cheerleaders learn basic cheerleading motions, jumps, and stunts. They also learn a variety of cheers, chants, and are given the opportunity to create their own. The cheer team members cheer and/ or perform a routine at home basketball games.

Level: One team, 5th-8th Grade

Tryouts: September

Girls' Season: Start: September

End: Late November

Boys' Season: Start: Early November

End: Late January

Practices: TBD

Games: Approximately 4:15; the cheer team will cheer at the first game each afternoon



Chess Team

The Chess Team develops individual skills for being successful in matches. Members work on defensive and offensive strategies, controlling the clock, and notation. The team strives to be competitive within our conference.

Level: One team (5th grade through 8th grade)
Season: Start: November
End: Late January
Practices: 1 hr. daily
Meets: Begin at 4:15 pm
Other: The Chess Team participates in a Saturday conference tournament at the completion of the regular season.



Scholastic Bowl

The Scholastic Bowl team is an excellent way for Gower students to exercise their minds in a competitive format. Students work as a team to answer questions quickly in various categories including social studies, language arts, science, math, current events, and pop culture.

Level: One team (5th grade through 8th grade)
Length of activity: Late January - Mid March
IESA State Competition: Late April/Early May
Meeting time: 3:30-4:15 p.m. (does not include competitions)



Wrestling

Wrestling is a sport that combines strength, speed, and technique. Members start out in the program learning basic moves and progressively learn more advanced moves and strategies. Participants learn, practice, and compete with other wrestlers in their weight class.

Level: One team (5th grade through 8th grade)
Season: Start: Early November
End: Early March
Practices: 2 hours. daily
Meets: Begin at 4:15 pm
Other: The wrestling team participates in the IESA State Series. Through this program wrestlers may qualify for the state meet via regional and sectional competition. Saturday tournaments are part of the wrestling schedule.
Note: This is a “no-cut” sport.



SPRING SPORTS

Soccer – Boys and Girls

Soccer teaches basic skills such as dribbling, passing, trapping, and heading. It also develops team play including offensive strategies and defensive marking of opposing players.

Level: One girls team, one boys team (6th grade through 8th grade)
Tryouts: Late March
Season: Start: Late March
End: Mid-May
Practices: 2 hrs. daily
Games: Begin at 4:15 pm



Swimming

Swimming is for students that have had previous experience swimming. Participants will work on further developing their swimming skills. Instruction will be designed to develop better swimming strokes and timing.

Level: One team (5th grade through 8th grade)
Season: Start: March
End: Early May
Practices: 2 to 4 practices before the 1 day meet
Meet: May-location TBD
Note: This is a “no-cut” sport.



Track & Field – Boys and Girls

The Track & Field team will teach the basic mechanics of sprinting, jumping and throwing. Students will participate in a variety of training to enhance their speed and athletic ability. Students can choose to participate in short sprints, middle distance running, jumping events and throwing events.

Level: One team (6th, 7th and 8th grades)
Season: Start: Early March
End: Early May
Practices: 1 hour two-three days/week beginning at 7:30 am
Other: The Conference SDEAA meet is held in early May. The team may participate in the nIESA regional meet and possibly IESA sectional and state competitions.



Volleyball – Boys

Boys volleyball players will continually work on the basic skills of the game and concentrate on drills utilizing the skills of passing, setting, serving as well as team strategies. As members of the Southeast DuPage Elementary Athletic Association, the goal of our season is to be competitive within our conference.

Level:	One team (6th-8th grades)
Tryouts:	Late March
Season	Start: Late March End: Mid May
Practices:	2 hours daily
Matches:	Begin at 4:15 pm



Extracurricular Activities

Gower Middle School offers a wide variety of club activities throughout the school year during and after the regular school day. Below is a listing of available activities and information about each activity. Please be aware that at times activities may have an overlapping commitment.

Gower Bands

Gower Bands are designed to give students an in-depth, hands-on experience on a variety of band instruments. It involves students in a performance-based method of learning, as well as a balanced program of music performance. A schedule of performances over the course of the school year provides culmination for various types of instruction.

Grade Level:	5, 6, 7, 8
Length of activity:	All Year
Meeting time:	Evening and some Saturday performances are required.



- **Cadet Band** is designed for students in 5th grade. This group provides a second level of training and instruction that follows Beginner Band. Ensemble skills, rhythm instruction, and full band literature are the main focus of rehearsal time. The Cadet Band performs at the Winter Concert in December and the Spring Concert in May.
- **Concert Band** is designed for students in 6th, 7th and 8th grade. Instruction is tied directly to a schedule of performances throughout the school year. A balanced repertoire of performance experiences include preparation for Marching Band, Concert Band festivals, Winter and Spring concerts, and 8th grade Graduation.
- **Extension Groups** in the band program allow the student opportunities to explore additional and secondary areas of interest for further enrichment and enjoyment in the art

of music. Extension groups include Jazz Band, Junior Jazz Band, Flag Line, Drum Line (1st semester) and Percussion Ensemble (2nd semester).

Chorus

Chorus encourages students to develop their singing skills and provide performance activities. Chorus is open to all students of varying ability levels.

Grade Level: 5, 6, 7, 8

Length of activity: September – December

Meeting time: 2 times a week after school, plus performances



Breakfast Club

Breakfast Club is for students that will enjoy the opportunity and experience of cooking. Students will spend most of their time creating breakfast during club time. Participants will learn about measuring techniques, the proper use of cooking terminology, and the use of cooking equipment. Students will be able to explore recipes and learn how nutritious snacks can improve overall health.

Grade level: 6, 7, 8

Length of activity: November - April

Meeting time: 1 day a week before school - 7:30 AM-8:15 AM



Garden Club

Garden Club is a club for students that love plants and the outdoors. The participants plan garden beds for the two courtyards. The students weed, plant, transplant and design planting beds. The Garden Club has existed as a club for 2 years and in that time, the participants have started to amend the soil, to bring in new plants and to dream of new garden beds and new arrangements.

Grade Level: 5, 6, 7, 8

Length of activity: All Year

Meeting time: 3:30 – 4:15 p.m. – Seasonal



GowerPRIDE

Gower's Pride Club, is a school club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity. GSAs provide a supportive environment for lesbian, gay, bisexual, transgender, and gender non-conforming (LGBTQ) students, as well as those who are questioning their identity, have LGBTQ friends or family members, or just care about LGBTQ issues.

Grade Level: 5, 6, 7, 8

Length of activity: September - May

Meeting time: Before and/or after school, as agreed upon by the group



Media Club

Media Club will focus on using and understanding audio & video equipment and video editing software to conduct interviews, make announcements, provide digital signage content, and even record or livestream important club and sports events. Media Club members will have opportunities to be “on-air talent” and/or behind the scenes as we broadcast all the important news and events at Gower.

Grade Level: 5, 6, 7, 8

Length of activity: September - March

Meeting time: 3:30 – 4:30 p.m. twice per month

Spring Musical

Spring Musical participants are able to showcase their thespian talents. Auditions are held in January. Cast members have three months to learn the script, songs, and choreography. The performance is a collaborative effort between the cast members and the Gower Chorus. The musical is performed in late April.

Grade Level: 5, 6, 7, 8

Length of activity: February - April

Meeting time: Before and/or after school



Student Council

Student Council consists of students who want to enhance the school and community through leadership, scholarship, citizenship and fun. The Student Council is open to any student at Gower Middle. You can attend any meetings and do not have to commit for an entire year.

Grade Level: 5, 6, 7, 8

Length of activity: All Year

Meeting time: Wednesday mornings 7:30 - 8:15 am



**Gower School District 62 Extracurricular Participation Information
2025-2026 School Year**

Participation Requirements

Student participation in District extracurricular activities (athletic teams and clubs) is contingent upon the following:

1. The student must meet the academic criteria according to the Parent/Student Handbook;
2. The parent/guardian must provide written permission for student participation, giving the District full waiver of responsibility of the risks involved;
3. The student and parent provide written acknowledgement for drug or alcohol testing if reasonable suspicion exists of drug or alcohol use; and
4. The parent/guardian payment of any required fees.

In addition to those items listed above, the following items are required for participation on an athletic team in accordance with Board Policy 7:300:

1. A current sports physical that assures that the student's health status allows for active athletic participation
2. Proof of accident insurance coverage

**Uniforms
2025-2026 School Year**

Please review this form regarding the use and care of your athletic, cheerleading or band uniform. Each student will be fitted and assigned various pieces of their uniform. These uniforms vary in their expense and can be difficult to replace. Students will be financially responsible for each piece of the uniform they are issued. Damage to or loss of any part of the uniform will result in full replacement charges.

To assist parents and students in the proper care of the uniform, please follow the following:

- Uniform pieces should not be worn during the school day.
- Uniforms should be washed properly after every performance.
- Hang dry athletic uniforms

**Uniform Replacement Costs
2025-2026 School Year**

Sports uniforms may vary in cost depending on the sport and number of pieces to the uniform. The cost can range from \$45 to \$100.

Band uniform costs can range from \$14.00 to \$350.00 depending on the piece damaged/ lost or cost to replace the entire uniform.

By signing the Extracurricular Participant Permission Form, you are agreeing to the rules and accepting responsibility as indicated. Failure to comply with the policy will result in the loss of performing privileges.

Sport and Club Attendance 2025-2026 School Year

Gower Middle School provides quality athletic programs and clubs for our students. Our Athletic Director, Administration, staff, coaches, and sponsors are all committed to providing the best possible programs for our students. Likewise, it is necessary that each child participating in a club or playing a sport, and his or her parent or guardian, make a commitment as well. Participants should be present to receive instruction that will be vital to performing skills and practicing safety in practices, games, competitions and club activities. To exhibit fairness for all involved, attendance is vital. There are some exceptions listed below. We ask that all parents and guardians read and acknowledge our attendance policy.

School Policy

- 1) Students must be in attendance at school for at least one-half of the regular academic day before they are allowed to attend clubs, practice or compete on that day. Excused absences included.
- 2) Any unexcused absence automatically excludes a student from club participation, athletic participation in practice or competition during that day. If the unexcused absence occurs on Friday, the student will not be allowed to compete on the weekend.
- 3) Attendance will be monitored daily by the Athletic Director and Coach. Those students who do not comply with this attendance policy will be immediately removed from practice or competition.
- 4) Coaches have additional team rules regarding attendance. (Please see below)

Athletic Sport and Club Policy

- 1) All participants are expected at all practices and games for the duration of the practice or game.
- 2) All participants will conduct themselves in a manner which exhibits good behavior at all times.
- 3) All participants should notify their coach prior to missing any game or practice regardless of whether the absence is considered excused or not.
- 4) Excused are considered as follows:
 - Illness (a doctor's note may be required to return to practice or a game)
 - Injury (a doctor's note will be required to return to practice or a game)
 - 10th Hour or scheduled tutoring/ meeting with classroom teacher
 - Family commitments (weddings, funerals, etc.)
- 5) Unexcused are considered as follows:
 - Detention (participation is at the coach's discretion)
 - No show to practice before a game or competitionUnexcused absences may result in the following
 - Minimum playing time for the next game or competition.
 - No playing time at the next game or competition.
 - No playing time at any future game until the matter is resolved by a meeting with the parents/guardian and the coach and/or coordinator.

- 6) Other Sports – With prior notice to, and approval of the head coach, a player may be given permission to miss a Gower Middle School practice in order to play a game for another sports club or organization.

**Gower School District 62 Extracurricular Participant Permission Form
2025-2026 School Year**

Student Name: (please print) _____

Grade: _____

Participation Waiver

As a condition of participation in District extracurricular activities, a parent/legal guardian must complete the following permission form and return it to the school office. Modifications will NOT be accepted to this waiver. Please note: We must have your permission in writing or via facsimile. Your verbal approval is not a sufficient record of your authorization.

I give my permission for my student (named above) to participate in extracurricular activities during the 2025-2025 school year.

I understand that while participating in extracurricular activities, my student is expected to follow the direction of the coach/sponsor and comply with all District policies regarding student behavior.

I agree to indemnify, defend, and hold harmless Gower School District 62, the Board of Education and its members, employees, agents, and volunteers from any claim, expense, or damages arising from any injury or loss, including attorney's fees, suffered by my student, or as a result of my student's acts or omissions in connection with extracurricular activities. This agreement includes a claim brought by any person or entity, including my student. I further agree not to bring any claim, through lawsuit or otherwise, either directly or on behalf of my student or any other person.

Insurance Information: ATHLETIC TEAMS ONLY (Cross Country, Volleyball, Cheerleading, Basketball, Wrestling, Soccer, Softball, Swimming Track & Field)

My student has accident insurance coverage either by a policy purchased through the District-approved insurance plan or a parent/guardian family insurance plan.

Insurance Provider: _____ Primary Holder: _____

Signatures: REQUIRED OF ALL PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

I have read the Extracurricular Handbook, Extracurricular Participation Information, Participant Waiver, Uniform, and Attendance Information and understand and agree to abide by the expectations outlined therein.

Parent/Guardian Name (please print)

Date

Parent/Guardian Signature

Date

EXTRACURRICULAR ELIGIBILITY

(Policy 7:240, Policy 7:300)

Eligible means that a student meets academic and behavioral guidelines to participate in an extracurricular activity. **Ineligible** means that a student does not meet the academic and behavioral guidelines to participate in an extracurricular activity. Eligibility is determined weekly on Thursdays for the following week. A student found ineligible on Thursday may not participate in practices, rehearsals, or club meetings beginning on Monday of the following week.

A student is ineligible for participation in an extracurricular program under the following circumstances:

1. The 7th/8th gradestudent has a D average in two or more subjects or and F average in one or more subjects
2. The 5th/6th grade student is missing 3 or more assignments in any class (standards based grading)
3. The student is serving a suspension or has been expelled from school.

A student who becomes ineligible for academic reasons on Thursday has the opportunity to complete missed assignments to raise his/her grade and regain eligibility. Such work must be submitted to the teacher by 12:00 PM on the following Monday for consideration.

School disciplinary action can affect a student's eligibility and/or ability to attend or participate in a sport or extracurricular activity. The seriousness of the offense(s) will determine the action taken by the Principal, Assistant Principal or Athletic Director. For example, a student may not participate in an athletic event, competition, performance, or club meeting on the day he/she is assigned to serve a detention.

Transportation

Gower School District 62 provides bus transportation to and from Gower Middle School to all games/meets/events for participants

S.D.E.A.A. CONFERENCE SCHOOLS

Burr Ridge Middle

15w451 91st Street
(630) 325-5454

Butler Jr. High

2801 York Rd, Oak Brook
(630) 573-2760

Cass Jr. High

8502 Bailey Rd, Darien
(630) 985-1900

Eisenhower Jr. High

1410 75th St., Darien
(630) 964-5200

Jefferson Jr. High

7200 Janes Ave, Woodridge
(630) 852-8010

Lakeview Jr. High

701 Plainfield Rd., Downers Grove
(630) 985-2700

Lisle Jr. High

5207 Center Ave
(630) 493-8200

Old Quarry Middle

16100 127th St., Lemont
(630) 257-2286

Westmont Jr. High

944 Oakwood Dr

(630) 654-2188

Westview Hills Middle School

630 65th St., Clarendon Hills

(630) 963-1450