CLASS OF 2030

VIKING VOYAGE

STARTS HERE



A comprehensive guidebook for
Homewood-Flossmoor High School
Incoming Freshmen & Families

WHAT'S INSIDE

3 - 6 **WELCOME TO YOUR VIKING VOYAGE**
Message from Principal Alexander
Steps to Enrollment
Residency Verification Requirements

7 - 9 **ACADEMICS**
Incoming Freshmen Course Selection
Career Pathways
Standardized Assessments

10 - 16 **STUDENT SUPPORTS**
Your Partners Student Support Team Contacts
Academic Supports
Academic Interventions
Continuum Special Education
Summer Academy
Grade Reporting
SchoolLinks
HF Resiliency Project
Health Services

17 - 22 **TECHNOLOGY & COMMUNICATION TOOLS**
Chromebooks
PowerSchool App
Parent Square
HF Student App
Parent Square - Main Communication Tool
Important Contacts

23 - 32 **ACTIVITIES**
Activities Overview
Listing of Activities, Sponsors and Contacts
Links to Webpages

33 - 35 **ATHLETICS**
Athletics Overview
Listing of Sports, Coaches and Contacts
Links to Webpages

WELCOME TO YOUR VIKING VOYAGE

Dear HF Parents and Students,

Every year at Homewood-Flossmoor, we welcome our families into a community built on pride, achievement, and a legacy of excellence. This year, we are especially excited to highlight how that tradition continues to grow. Whether in the classroom, on the field, on the stage, or in one of our many clubs and programs, our students are discovering what inspires them—and we are committed to helping each one uncover the passion and purpose that will guide their post-secondary journey.

HF is expanding its academic and extracurricular programs to ensure that every student has access to rigorous, meaningful learning experiences. These opportunities not only challenge our students academically, but also strengthen the essential skills that prepare them for success in college, career, and life. Together, these elements form the foundation of the HF experience and shape what it means to be a Viking.

Inside this publication, you will find an overview of upcoming events, course options, and the wide range of pathways available to our students. Think of it as a roadmap—one designed to support, inform, and inspire as your student moves forward.

We are thrilled to partner with you this year and look forward to supporting our students as they continue to learn, grow, and lead. Here's to another year of excellence at HF!

Clinton Alexander
PRINCIPAL



Profile of a Viking

Core competencies of a Homewood-Flossmoor High School graduate

Future Vikings

Dedicated Webpage for Incoming Freshmen

hfhighschool.org
Students - Future Vikings



SCAN ME!

ENROLLMENT

Completing the enrollment process provides confirmation that your incoming freshman student plans to attend Homewood-Flossmoor High School in the coming school year. Information with specific details will be sent to families throughout the coming months on how to complete the process. You can also keep an eye on the Future Vikings page of the HF website for updates.

Future Vikings webpage

INCOMING FRESHMEN
COURSE SELECTION

Incoming freshman families receive a letter in January outlining the course selection process.

The comprehensive Course Offerings Guide provides detailed information about graduation requirements and course offerings.

Graduation Requirements

A minimum of 22 units of credit is required for graduation from Homewood-Flossmoor Community High School District 233. One-half unit of credit is earned upon completion of a subject that meets each day scheduled for one semester.

The successful completion of a course that meets each day for an entire year is worth one unit of credit. Students are expected to take an average of 5.5 credits per year. At the end of four years, students will have earned the minimum of 22 units required for graduation. Of the 22 units of credit required for graduation, 18.5 credits must come from the areas listed here.

Course Offerings Guide Will Be on HF Website

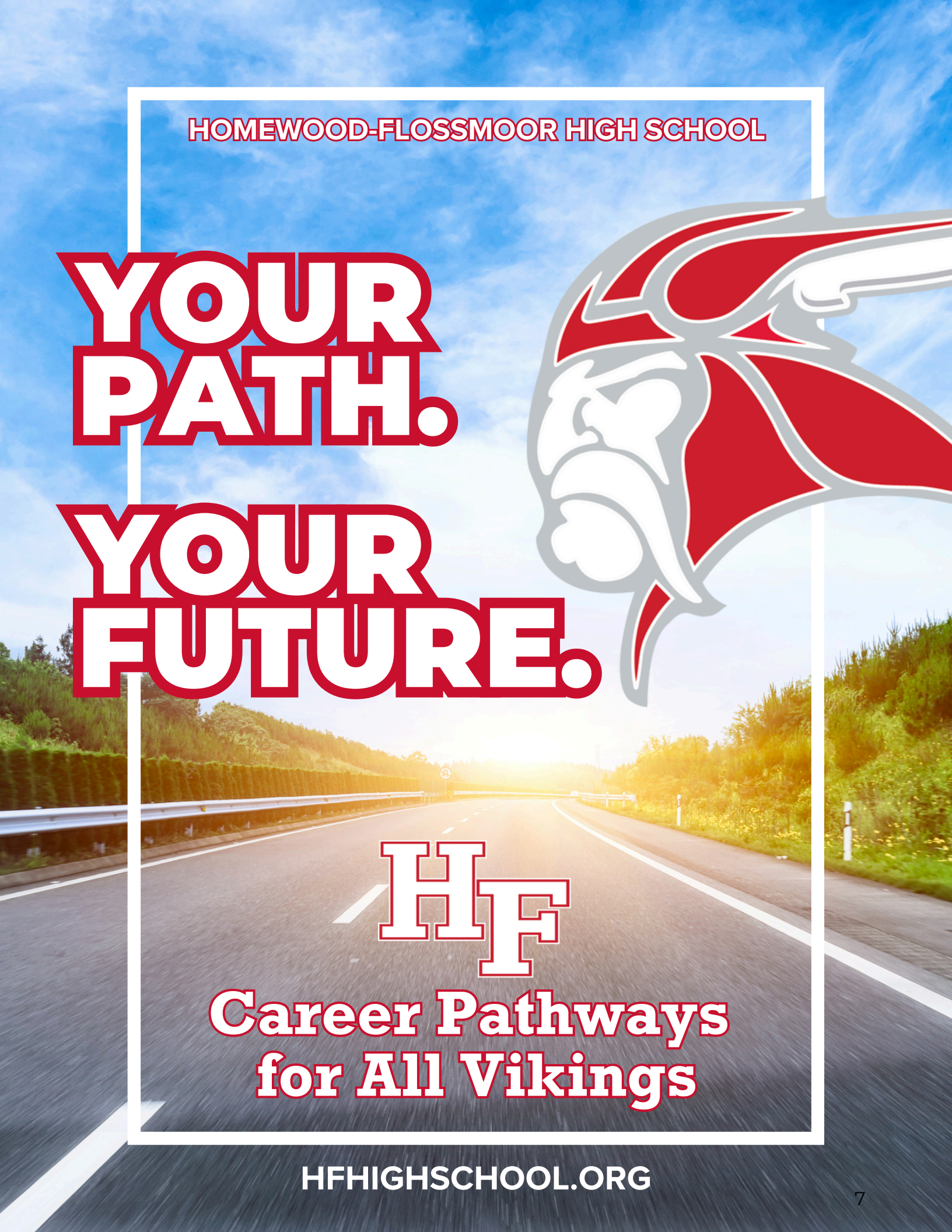
- Graduation Requirements
- Viking Academic Challenge
- Career Pathways
- Advanced Placement Courses
- Dual Credit
- IB Diploma Program
- IB Career-related Program
- HF MVP Academy
- Postsecondary
- NCAA Eligibility Requirements
- Academic Department Course Offerings

Subject Area	Credits Needed
English	4.0
Math	3.0
Science	3.0
Social Science **This requirement includes one unit of United States History, .5 units of Consumer Economics, and .5 units of U.S. Government & Politics.**	3.0
Physical Education/Health/Driver Education	4.0
Career & Technical Education/ Fine Arts/World Language/Core Electives **(One must be CTE, Fine Arts or World Language)**	5.0

On Track For Graduation

Students are on track for graduation if they have at least this number of credits at the end of each academic year. These may not apply to students with an IEP (Individualized Education Program).

Freshmen	Sophomore	Junior	Senior
5.5 credits	11 credits	16.5 credits	22 credits


HOMEWOOD-FLOSSMOOR HIGH SCHOOL
YOUR PATH.
YOUR FUTURE.
HF
Career Pathways for All Vikings
HFHIGHSCHOOL.ORG

Career Pathways

Career Pathways provide students with a clear connection between their high school studies and future college and career goals. At HF, students can explore 19 approved Illinois State Board of Education (ISBE) Pathways, each offering opportunities for college-level credit, hands-on work experience, and real-world application of classroom learning. Depending on the specific pathway, students may earn IB Career-related Programme (IB CP) and/or ISBE Pathway endorsements on their high school diploma, along with access to Advanced Placement (AP) and Dual Credit courses.

These are rigorous, high-engagement classes designed to build both academic and technical skills while connecting learning to meaningful career fields. Earning an endorsement not only strengthens college applications and résumés but also qualifies students for scholarships at many Illinois universities. Through authentic career-related experiences, students gain a competitive edge as they prepare for college, careers, and life beyond high school.

Career Cluster	Pathways
Agriculture, Food and Natural Resources	• Plant and Animal Systems
Arts and Communication	• Journalism • Radio and Broadcasting Production
Finance and Business Services	• Accounting • Business Administration and Management • Entrepreneurship
Health Sciences and Technology	• Sports, Exercise & Health
Human and Public Services	• Apparel and Textile: Fashion | Fine Arts | Theatre • Criminal Justice • Culinary Arts • Early Childhood Education and Training • Education, General • Government and Public Administration • Work and Family Studies
Information Technology	• Cybersecurity
Manufacturing, Engineering Technology & Trades	• Automotive Technology • Engineering, General • Machine Tool Technology • Welding Technology

STANDARDIZED ASSESSMENTS

Illinois and HF utilize the ACT Suite to measure college and career readiness beginning in freshmen year and continuing throughout the Viking Voyage. There are many reasons why these assessments are important.

Opportunity

- **College Admission:** Many colleges and universities use ACT scores as a crucial factor in their admission process. A strong ACT score can open doors to a wider range of educational opportunities. While some schools have moved to test optional, many have not.
- **State Recognition:** Programs like the Illinois State Scholars use ACT performance to determine who is recognized. Those honors can open doors to college admission and scholarships.
- **Access to Programs and Majors:** Some specialized programs or majors within colleges have specific ACT score requirements.
- **Potential for Better College Placement:** A strong ACT score can influence college placement, potentially allowing students to start in more advanced courses. This can contribute to a more fulfilling and challenging academic experience.

Money

- **Money through Scholarship Opportunities:** Money through Scholarship Opportunities: High ACT scores can make students eligible for various scholarships. Financial aid can significantly reduce the burden of college expenses and make higher education more accessible. It's like getting paid for performing well.

Pride

- **Bragging Rights & Personal Pride:** There is a personal sense of accomplishment in knowing you worked hard and it shows in your score.
- **Personal Growth and Preparedness:** Preparing for the ACT is not just about the test itself but also about developing critical thinking, time management, and problem-solving skills. These skills are valuable for success in college, careers and beyond.
- **HF Pride:** The State of Illinois uses ACT performance as a key indicator of our success as a school, as do national recognitions like *US News & World Report*

Freshmen - Junior Year Fall

PSATs

PSATs are grade-level versions of the SAT designed to measure college and career readiness. They assess reading, writing, and math skills aligned to the same standards as the SAT but at an appropriate difficulty for each grade. These assessments familiarize students with the SAT structure, timing, and question types. They also provide early indicators of college readiness, tracking growth, and identify areas for improvement. For juniors, the PSAT is used to identify students who qualify for the National Merit Scholarship Competition. All students will receive a score report that will assess their evidence-based reading and writing and math.

Freshmen Year Spring

PreACT 9

This test establishes a baseline of students' college and career readiness as they enter high school. It gives Freshmen the opportunity to preview the ACT, PreACT, and PreACT 10 exams. The school also uses the results of this test to customize instruction and monitor curriculum.

Sophomore Year Spring

PreACT 10

This test is similar to the PreACT. Although it does not use the National Merit Scholarship program, it can connect students to other scholarship opportunities. Students will receive a score report that will assess their evidence-based reading and writing and math.

Junior Year Spring

ACT

This is a college entrance exam accepted by all four-year colleges and universities in the U.S. It consists of evidence-based reading and writing and math sections.

Senior Year Fall & Spring

College Visit Day

Homewood-Flossmoor High School

YOUR PARTNERS

STUDENT SUPPORTS

Student Supports professionals work in partnership with other educators, parents/guardians and community to help each student prepare for their lives after high school.

The Student Support Teams provide comprehensive programs and services to promote the academic functioning and wellbeing of all students, while honoring their multiple and diverse identities. Each Student Support Team consists of an administrator, counselor, dean, psychologist, reading specialist, and social worker. This team format provides an opportunity for staff to collaborate and to address attendance, behavior, and academic issues quickly and efficiently.

Student's Last Name A-Gam

School Counselors
- Tiphnee Staples (A-Bran)
- Lindsay Leverson (Brap-Cro)
- Danielle Mitchell (Cru-Gam)

Social Workers
- Lauren White (A-Doc)
- Greg Jones (Dom-Kly)

Deans
- Chris Maniatis (A-Ca)
- Catherine Brown (Ce-Gol)

School Psychologist
- Christina Berger (A-Hen)

Student's Last Name Gan-Phe

School Counselors
- Brandi Mathis (Gan-Hoo)
- Dawn Edwards (Hop-Kno)
- Luke Senffner (Knu-Me)
- Lorrie Maul (Mi-Phe)

Social Workers
- Greg Jones (Dom-Kly)
- Danielle VanVliet (Km-Rich)

Deans
- Dave Klawitter (Gom-Ki)
- Terrell Alexander (Kl-Od)

School Psychologist
- Brittany Gill (Heo-Paz)

Student's Last Name Phi-Z

School Counselors
- Melissa Sauder (Phi-Shan)
- Samuel Key (Shap-Tun)
- Dr. Roberto Suarez (Tur-Z)

Social Workers
- Danielle VanVliet (Km-Rich)
- Jocelyn Cowan (Rici-Z)

Deans
- Zachary Wells (Oe-Smi)
- Brett Geijer (Smo-Z)

School Psychologist
- William Polen (Pba-Z)

Special Education (A-Z)

School Counselor
- Ashley Keca

Social Workers
- Myrna Cavazos (A-Hen)
- Kristina Zandi (Heo-Paz)
- Heithon Hurdle Jr (Pba-Z)

School Psychologists
- Kofi Shuck

Special Services Counselors
- Cece Belue - 504 Coordinator
- Andrew Fentress - VLA/Student Support Counselor

Postsecondary Counselors
- Brad Kain (A-K)
- Kevin Coy (L-Z)

The primary functions of the Student Supports department include:

- ADA Section 504 Plans
- Attendance
- College and career services
- Home and hospital services
- In-school credit recovery
- Instruction and support services for expectant and parenting students
- LGTBQ+ Support
- Mental health services (Social Workers, Psychologists, and Counselors)
- Referrals to outside agencies
- McKinney-Vento/Homeless liaison and support
- School Counseling
- Course Selection
- Student records
- Substance use prevention, intervention, and assistance
- Transcripts
- Truancy

Grade Reporting
Student grades are reported by semesters. Parents are informed of their student's progress at the end of each quarter. Additionally, all parents may view the status of their students in the PowerSchool Portal. Parents of students having difficulty or doing unsatisfactory work are urged to meet with teachers and/or the student's counselor to discuss improvement options.

SchoolLinks
Schoolinks is an online software program that allows parents and students to access college and career information efficiently. Students can perform detailed searches of post-secondary institutions to further their studies/training, research scholarships, and complete assessments that are useful for college and career planning. Counselors will guide students through a curriculum specific to their grade level to help them with their college and career searches.

HF RESILIENCY PROJECT

The HF Student Supports Office oversees the HF Resiliency Project, which launched during the 2022-23 school year. The HF Resiliency Project focuses on strengthening the behavioral health of all students and increasing their capacity to recover from adversity. The project focuses on pro-active intervention to identify and address students' at-risk indicators before they become severe problems. Program goals are:

Improve all students' academic performance. Reducing one risk indicator can increase academic performance by 20%.

Expand all students' resiliency, positively impacting their personal growth. Students will have access to lessons and experiences that help them build resiliency in areas of growth opportunity.

The foundation of the HF Resiliency Project is an accurate baseline of data that paints a picture of our students' behavioral health. Homewood-Flossmoor High School has partnered with Terrace Metrics to measure the Risk and Resiliency of students and teachers to ultimately positively impact educational outcomes. Since 2018, the system has been administered over a million times to students in public school districts and private/parochial/charter schools, ranging from 400,000+ students to schools having fewer than 30 students.

At HF, students will take the Terrace Metrics assessment during the first semester of the school year in their PE/Health or Driver Education class. Parents will receive the individual results for their student. HF social workers will have access to the results in order to plan programming to support students' academic and personal growth. Administration, school psychologists, school counselors and deans will have access when assisting the social workers with programming and support. Teachers will not see individual student results. Parents will receive information on how to opt out of the Terrace Metrics assessment should they not want their child to participate.

For more information about Terrace Metrics
www.terracemetrics.org

For more information on student supports, call 708-335-5773

ACADEMIC SUPPORTS (TIER 1)

We offer a variety of academic supports for all students, in order to enhance student success. While students are always encouraged to seek assistance from their academic teacher, other resources are available for students seeking additional support.

Viking Compass/Flex Time

Viking Compass periods are also an opportunity for students to seek assistance using our flex scheduling. Students can select to visit one of their teachers for homework help, test make-ups, and tutoring.

An advisory period assigned to every student to provide opportunity to build safe, healthy, and positive relationships and community. Viking Compass also addresses behavioral health through building habits that increase resiliency and decrease risk factors.

Study Hall

An elective period that can be scheduled during the students normal school day. During the class students have the opportunity to work individually on school work.

Tutoring

Tutoring is provided for multiple subjects during the following times:

- After school: 3:15 - 4:00 p.m. in Library
- 24/7 online tutoring https://www.varsitytutors.com/
- Saturdays: 10 a.m. - 1 p.m. in Library

ACADEMIC INTERVENTIONS (TIER 2 & 3)

Summer Bridge Program

Summer intervention program for students who do not meet the 8th grade graduation requirements and/or have lagging skills in Math, Reading and/or Executive Functioning. Students who successfully complete the program earn their junior high diploma and gain prerequisite knowledge to engage successfully in freshman level classes during the school year. In addition students have the opportunity to build supportive relationships with staff members prior to starting their freshmen year, which helps with a smoother transition to high school.

Co-Taught Social Science Reading Support

These classes support students in need of reading and writing support in addition to the common core curriculum. The social science classes will be co-taught by a social science teacher and reading specialist. Lagging skills in the area of reading fluency, vocabulary acquisition and reading comprehension will be strengthened within the context of the core curriculum.

Double-Block Math Classes

These classes provide students extended time to re-learn material that they may be struggling with. Students in the double-block math class will use the first class to learn the material and the second class to practice and re-learn the material when needed.

Personalized Learning Time (PLT) - Math and Reading Intervention

A class embedded into the school day for students who need additional academic support in reading, math, and/or executive functioning skills. Students assigned to this class engage in a curriculum to strengthen/develop lagging executive functioning skills. In addition, students are provided small group or individual instruction in needed academic areas. A math interventionist and a reading specialist are assigned to each PLT class.

Intervention For Success (IFS)

A class embedded into the school day for students who need both academic and social-emotional support. Students assigned to this class are provided small group or individual instruction in needed academic areas. A math interventionist and a reading specialist are assigned to each IFS class. In addition, a social worker is assigned to each IFS class to provide necessary social and emotional support.

Viking Learning Academy (VLA)

The Viking Learning Academy (VLA) is used to support students who have not had success in the traditional school setting because of truancy, social-emotional concerns or specific life circumstances. The majority of students experiencing these setbacks wind up credit deficient and need to recover credits efficiently while working to transition back into the school setting. Students in this program will work with a social worker to build their social-emotional competencies with the goal of returning to the traditional school setting.

SCHOOLINKS

Supporting Your Path to Success

SchooLinks is an innovative platform designed to help incoming freshmen and their parents navigate the journey from high school to post-secondary success. This comprehensive tool provides personalized resources to explore career interests, research colleges, and plan academic pathways that align with future goals.

Benefits for Students and Parents:

Career Exploration
Discover careers that match your interests, strengths, and values through engaging assessments and tools.

Academic Planning
Create a four-year high school plan to ensure students take the courses needed to meet graduation and college requirements.

College Search and Applications
Access a vast database of colleges to compare programs, tuition costs, and admission requirements, simplifying the decision-making process.

Scholarship Opportunities
Stay informed about available scholarships and financial aid resources.

Goal Setting and Progress Tracking
Set milestones and track achievements to stay on course for post-secondary plans.

Parent Involvement
Parents can monitor and support their child's progress, ensuring alignment with long-term goals.

By engaging with SchooLinks, families can feel confident about their post-secondary decisions, knowing they have the tools and information needed for a successful transition beyond high school.

WWW.SCHOOLINKS.COM

SchooLinks

CONTINUUM
SPECIAL EDUCATION

Study Lab
This course provides direct, specialized instruction and targeted academic support for students receiving Special Education services. Students develop critical executive functioning strategies—including self-monitoring, planning, prioritization, and task initiation—that are vital for academic success. Instruction is delivered individually or in groups, providing dedicated time for students to receive assistance with homework, projects, and related assignments.

Cross Categorial Program
These courses are designed to create opportunities for students who require instruction in compensatory skills to gain access to the general education curriculum. These courses meet Homewood-Flossmoor Community High School District 233 Board of Education's requirements for graduation and are aligned with the common Core Standards.

Co-Taught Classes
Co-teaching is a service delivery model where two certified professionals (a General Education Content Teacher and a Special Education Teacher) work together to teach a class. The goal of this service delivery model within the special education continuum is to ensure that students have access to the general education curricula while receiving specialized instruction from a special education teacher as outlined in each student's IEP.

Life Skills Program
These courses are designed to increase student independence, with the ultimate goal of empowering students to become productive family members, engaged citizens, and successful workers who lead fulfilling personal lives. The curriculum meets all graduation requirements set by the Homewood-Flossmoor Community High School Dist 233 Board of Education and is fully aligned with the ISBE Common Core Standards through the use of the DLM Essential Elements framework.

Anchor Program
This specialized program supports students whose social-emotional needs present a barrier to success in a traditional classroom setting. Our core focus is on teaching students the skills for the successful management of their emotions and behavior. Courses are intentionally structured to provide direct, targeted instruction in identified areas of need while ensuring students maintain access to the general education curriculum. This blend allows them to continue their academic progress while building essential life skills. All courses meet Homewood-Flossmoor Community High School District 233 Board of Education graduation requirements and are aligned with the Common Core Standards.



Special Olympics Unified Champion Schools

Homewood-Flossmoor High School is a two-time Special Olympics Unified Champion School. Special Olympics Unified Champion Schools is aimed at promoting social inclusion through intentionally planned and implemented activities affecting systems-wide change. Three component model includes inclusive youth leadership, whole school awareness, and inclusive sports.

SUMMER ACADEMY

Summer Academy is a wonderful opportunity to help incoming freshman students transition into the high school setting.

- Meets for 6 weeks
- Exposure to English, Algebra and Biology curricula to help prepare for the upcoming year.
- Additionally, students are enrolled in a different elective each week.
- Develop study skills, work habits, organization and prioritization.
- Opportunity to build relationships with staff and peers.
- Become familiar with HF campus
- Earns one HF credit, therefore attendance is mandatory (see attendance policy)
- Cost: $350.00 (transportation available for an additional $95.00)

Please see the Homewood-Flossmoor High School Summer School Course Catalog for more detailed information on Summer Academy.



HEALTH SERVICES

HF's Health Services office is staffed by Registered Nurses and a Health Services Clerk who assess and provide first aid for illnesses, known medical conditions, and injuries that occur during school hours. In the event a student must be sent home from school for a medical reason, the Health Services office will notify the parent/guardian. In cases where the parent/guardian is unavailable, the office will contact an adult listed as an emergency contact on the student's school registration information. Please make sure emergency contact information is up to date.

Students are allowed to carry and self administer over-the-counter medications for occasional headaches, menstrual cramps, and other minor ailments. Medications must be stored in their original container and the parent/guardian should be aware that their student has possession of the medication. Prescription medications require completion of the Self Administration of Medication form by the prescribing physician and parent/guardian. All prescription medications must be stored in the health services office where it will be self administered by the student. Administration of Medication forms are available on the Nurse's Page of the HF website.

Physicals, Immunizations & Dental Exams

Illinois School Code requires all incoming 9th graders to have a valid physical examination and up-to-date immunization records on file with the high school prior to beginning freshman year. The physical must be completed within 12 months of the start of school. Students cannot attend school unless these requirements are satisfied. The physical exam and dental exam must be documented using the official State of Illinois forms available on the Nurses' Office page on the HF website. Athletic physicals cannot substitute the required physical. Completed forms can be emailed to medicalrecords@hf233.org or faxed to 708-335-6993 (South Nurse) or 708-914-7240 (North Nurse).

Chronic Health Conditions

Students with conditions such as Asthma, Diabetes, Allergies/Anaphylaxis, or Seizures, must provide an Emergency Action Plan prior to the start of the school year. Students with any known health conditions should ensure that their medical provider indicates the condition on the school physical and parents/guardians should contact the Health Services office to discuss appropriate accommodations if needed.

Accommodation Request

Requests For accommodations outside of a 504 Plan or IEP, require a statement from your medical provider indicating the condition, illness, or injury that warrants accommodations, the students' physical limitations, and the duration for accommodations.

Religious Exemptions to Required Immunizations

Families seeking a religious exemption from the immunization requirements must use the official Illinois Certificate of Religious Exemption to Required Immunizations and/or Examinations form. This form must be signed by a licensed medical provider.

For inquiries regarding Health Services, contact:
Lottie Parker, North Building Nurse
lparker@hf233.org or 708-335-5334

Danni Werner, Health Services Clerk
dwerner@hf233.org or 708-335-5522

Valarie Leak, South Building Nurse
valarie.leak@hf233.org or 708-335-5536



Homewood-Flossmoor High School

EMPOWERING STUDENTS

1:1 CHROMEBOOKS

In today's technology-driven world, providing our students with the tools they need to succeed is more important than ever. That's why we created our 1:1 Chromebook initiative, which will ensure that every student has their own Chromebook to use at school and home. Chromebooks offer a wealth of benefits for students, including:

- **Improved access to technology and educational resources:** Chromebooks provide students with 24/7 access to the internet, Google Apps for Education, and a wide range of educational software. This means that students can learn and collaborate anytime, anywhere.
- **Increased engagement and personalization of learning:** Chromebooks allow teachers to create more engaging and personalized learning experiences for their students. With Chromebooks, students can take notes, access multimedia resources, and participate in interactive activities.
- **Development of essential 21st-century skills:** Chromebooks help students develop essential 21st-century skills, such as critical thinking, problem-solving, and digital literacy. These skills are crucial for success in college and the workforce.

HF's 1:1 Chromebook initiative makes a significant impact on our students' learning and prepares them for success in the future.

For inquiries regarding Chromebooks, email helpdesk@hf233.org



POWERSCHOOL MOBILE APP

UNLOCK THE POWER

Stay connected to your child's academic journey with the PowerSchool mobile app, a convenient and informative tool that puts real-time school information right at your fingertips. With the PowerSchool app, you can:

- **Monitor grades, attendance, and assignments in real time**, empowering you to stay informed about academic progress and identify areas for improvement.
- **Receive push notifications** for important updates, ensuring you're always in the loop about upcoming deadlines, test results, and school announcements.
- **Access teacher comments and feedback**, providing valuable insights into your child's strengths, challenges, and areas for growth.
- **View your student's schedule** and stay up-to-date on important dates and events, helping you plan your family's schedule effectively.
- **The PowerSchool mobile app is a valuable resource for parents and students alike**, fostering open communication between parents, teachers, and students, and promoting a collaborative approach to academic success. Download the PowerSchool app today and empower yourself to take an active role in your child's education.

School Code:
BTSK

For inquiries regarding parent access to PowerSchool, email helpdesk@hf233.org

GET IT ON Google Play

Download on the App Store



YOU CONTROL HOW HF COMMUNICATES

PARENT SQUARE

HF uses Parent Square | Student Square to communicate with families and students. From the weekly HF FYI enewsletter to updates from coaches to emergency notifications, you can control how you receive information - email, text, push notifications and phone calls. You can also choose to receive individual messages or a Digest summary.

For inquiries regarding parent access to ParentSquare, email helpdesk@hf233.org

It's as easy at 1 - 2 - 3!

1. Download the Parent Square or Student Square app or go to www.parentsquare.com.
2. Navigate the dropdown menu to "Notifications" (app) or go to "My Account" - "Notification Settings" (desktop).
3. Set your email, text, and app preferences. You can also select if you will receive individual messages or a Digest summary.

GET IT ON Google Play

Download on the App Store



WE HAVE OUR OWN APP

HF STUDENT APP

The main function of the student app is to allow students to view data specific to themselves. It also contains reference articles and links to HF pages.

- **Virtual ID**
  - Allows them to see anything included on their physical ID
  - Can be used in place of a physical ID for events and lunch purchase
  - Also includes special tags such as sports ticket pass
- **General Information**
  - Locker Number and Combo
  - GoFan Code
  - Bus Route
  - State Student Number
- **All School Testing Information**
  - Test name, date, time, room, and state student number
- **Bus Status**
  - Can see if their after-school bus has arrived and if there are any status updates

New features are added on a regular basis to enhance the HF student experience!

For inquiries regarding the HF Student App, email helpdesk@hf233.org

Link to Student App



Homewood-Flossmoor High School

COMMUNICATIONS TO HELP YOU

STAY CONNECTED

The national award-winning HF Communications Department strives to maintain open lines of communication with our students, parents, staff and community members, by providing timely news, updates and images from Homewood-Flossmoor High School. We are proud of our school and do our best to share the good news from our classrooms and campus. Tools used by this department include:

HF High School Website — www.hfhighschool.org



- **HF FYI eNewsletter** — A weekly eNewsletter, providing the latest news.
- **Viking Voice** — A bimonthly newsletter, direct-mailed to homes with current HF students
- **Viking Connection** — A community newsletter, direct-mailed to all homes in District 233.
- **Social Media** — Follow @hfhs59 social media accounts on Facebook, X (Twitter) and Instagram for daily posts and photos.
- **Videos** — Visit District 233's Vimeo Channel and the Viking Television website for recorded presentations and special programming from campus.

IMPORTANT CONTACTS

Building Administration			
Principal	Dr. Clinton Alexander	708-335-5540	clinton.alexander@hf233.org
Associate Principal North	Craig Fantin	708-335-5604	craig.fantin@hf233.org
Assistant Principal South	James Schmidt	708-335-5593	james.schmidt@hf233.org

Department Leads			
Career & Technical Education	Courtney Alexander	708-335-5660	courntey.alexander@hf233.org
English	Jeanne Miller	708-335-5575	jeanne.miller@hf233.org
Fine Arts	Candi Helsel-Wilk	708-335-5640	candi.helselwilk@hf233.org
Counseling	Dr. Kizawanda Olowe	708-335-5650	kizawanda.olowe@hf233.org
Mathematics	Brian Garland	708-335-5724	brian.garland@hf233.org
PE/Health/Driver Education	Adam Vogel	708-335-5340	adam.vogel@hf233.org
Reading	Lauren Freeman	708-335-5009	lauren.freeeman@hf233.org
Science	Evan Roberts	708-335-5590	evan.roberts@hf233.org
Special Education	Jacalyn Bailey	708-335-6997	jacalyn.bailey@hf233.org
Social Science	Sharonda Kimbrough	708-335-5655	sharonda.kimbrough@hf233.org
World Language	Michael Camp III	708-335-5360	michael.camp@hf233.org

View the **Staff Directory** at this link

Activities Department HF

The Activities Programs are administered under the guidelines and jurisdiction of the National Federation of State High School Associations, the Illinois High School Association, the Southwest Suburban Conference, Activity Specific Associations, and ultimately by the Homewood-Flossmoor District 233 Board of Education.

Participation in activities at Homewood-Flossmoor High School serves as an integral part of a student's educational experience, reinforcing the belief in the fundamental worth and dignity of all individuals, recognition of diversity of backgrounds, abilities, interest, and aspirations, and learning to respect the rights of others.

The Homewood-Flossmoor High School Activities Department strives to provide a variety of lifelong learning opportunities through extracurricular/co-curricular programs to strengthen academic aptitudes, promote community service, develop social skills, learn effective coping mechanisms for emotional responses and relationships, cultivate leadership and governance, compete in interscholastic activities, appreciate artistic performances, inspire creativity and ingenuity, chronicle accomplishments and stories, and develop communication skills.

The Activities Department is responsible for overseeing activities programs, organizing events, and memorabilia product services.

Programs

- Honor Societies – Recognize commitment to academic success & service
- Peer Services – Provide academic and social assistance
- Student Government – Homecoming Pep Assembly, Dances, Bon Voyage!
- Competitive Activities – SWSC, IHSA, and Activities State/National Associations
- Performance Groups – Music, Dance, and Theatre
- Special Interest Groups – Student Initiated Clubs at HF
- Media – Provide schoolwide, athletic, and club announcements & highlights

Websites

Jostens®

vip

Events

- New Student Orientation
- Voyage to Excellence

Services

- Graduation Cap & Gown Measurements
- Class Rings and Graduation Products
- Yearbooks and Senior Recognition Ads
- Freshmen, Sophomore, & Junior Yearbook Pictures
- Senior Portraits
- Graduation Candids
- Athletic Team and Individual Pictures
- Athletic Candids and Specialty Products
- Dance Portraits
- Activities and Performances Candids



Mascot: Victor Viking
Clubs: Vikings
School Song:

Fight on you Vikings, fight,
For Homewood-Flossmoor High.
Our banner Red and White
Will fly proud and high in victory.
Our team will claim the fame
Of champions strong and free.
Fight on, you Vikings,
You fearless Vikings,
Fight on to victory

Activities Academic Eligibility

All incoming freshmen are eligible for activities participation first semester.

- Weekly eligibility checks are done for all members in the following: Band, Chess, Choir, Debate, DECA, EDDA (Literary Magazine), Fencing, Group Interpretation, Inspirational Voices, Mathletes, Mock Trial, NHS, Odin (Yearbook), Scholastic Bowl, Science Olympiad, Speech, Steppers, Student Council, Theatre Productions, Visual Arts, and Voyager (Newspaper)
- All members must pass 5 classes on a weekly basis to be eligible in-season.
- All members must pass 5 classes to be eligible for the next semester.
- Summer School classes count towards the next semester eligibility (up to 2 classes)

Register:
All potential participants need to go to the Homewood-Flossmoor HS Dashboard at https://hf.8to18.com/accounts/login to register for clubs/activities. Click on "Create an Account" and enter a parent/guardian email and create a password. Please remember this password as you will use this for the years to come for all of your children.

Websites

- **HF Activities**
  https://schools.snap.app/HFActivities.
  Schedules, announcements, documents & links
- **IHSA State Organization**
  www.ihsa.org
  Activity specific information and State Series information
- **GoFan**
  https://gofan.co/app/school/IL15520
  Game and event tickets

Southwest Suburban Conference

Activity Click activity name for link to webpage	**Sponsor** Email Linked
Anime Club Anime Club is for students who have an interest or curiosity about Japanese animation. Each meeting we watch a theme related anime show/movie that has been chosen by the anime club officers or participate in an activity related to anime.We also have monthly trivia days, drawing workshops, anime discussions, holiday parties, and more. Anime Club is a positive and safe place for students to hang out with others that share a similar passion for anime and be able to enjoy themselves. The club meets weekly until 4:00 p.m. and once a month until 6:00 p.m.	Krystal Davis
Athletic Training Aides (ATA) The Athletic Training Aides club gives real world experience to those interested in pursuing a career in healthcare. HF students participating in this club are given the opportunity to participate in the healthcare of HF's student athletes under the supervision of certified and licensed Athletic Trainers. Athletic Training Aides get the unique experience of being able to be present on the sidelines of all of HF home athletic events while being taught the concepts of injury management, assessment, and rehabilitation. ATA's must meet requirements in observing and working in the training room set by the certified Athletic Trainers. Applicants are encouraged to participate in the summer camp and the sports medicine class offered at the honors level.	Brad Kleine Dani Werner
Auto Club Auto Club is a place where you can learn a variety of skills in addition to its main goal of training, maintenance, and repair. The following are some things you will learn about or train for: job skills, teaching, business management, team building skills, other performance applications, public relations, fundraising, life finance, and sales. Anyone can join as long as they can abide by all the safety rules.	S. Brousseau Dan Brown
Children's Play Annually, around 40 students are involved in the cast and crew of the Children's Play. Auditions are held in Aug and the play is presented in early fall.Area schools in the community are invited to attend a special school performance.Our Children's Plays have received much recognition from the Illinois Theatre Association.Several of our productions have been invited to perform at the annual Theatrefest.This is a great honor, since very few productions in the state are granted an opportunity to perform at the festival. Productions include The Wizard of Oz and Diary of a Wimpy Kid.	Anne Calderón
Chinese Club The club promotes the study of China, the people, the culture, and the Chinese language. Enrichment activities include history and current events, cuisine, martial arts (Taiji), paper cutting for the Chinese New Year decorations, popular games and sports, and TV shows and movies about conventions. Through these activities, students will be able to dispel stereotypes and develop a new perspective regarding China and its culture. Club membership appeals to students in the Mandarin Chinese classes, but is open to any student interested in the Chinese language and culture.	Yin Ding
Choir - Viking Ensemble This is the premier representative group of the Choir Program within the community. This auditioned group of students meets twice weekly after school on Tuesdays and Thursdays for 45 minutes in M02. They are expected to have skills to learn repertoire independently and learn their parts in advance of the group's rehearsal. Rehearsals may be added on Fridays with advance notice during peak performance seasons. Students may elect to participate in the ILMEA All-State Audition Process.	Steve Sifner
Clothing Construction Club This club allows students to learn a variety of sewing techniques. They can explore their fashion interests and construct apparel items of their choice. In addition, they can practice their sewing skills with individualized attention. This club will provide opportunities for the students to express their creativity and create something unique. Students will be able to: create clothing or accessories, alter or mend clothing, hand or machine embroider, serge, hand sew, use heat transfer vinyl, and/or tie dye.	Alyssa Marassa
Computer Club The purpose of the Computer Club is to provide an atmosphere in which students interested in computers and computer science can share their ideas, knowledge, and proficiency with other like-minded students. The Computer Club meets weekly in the Computer Users Center, which has a wide variety of equipment and software. Samples topics include PC design, repair, and gaming.	Dion Perozzi Brian Adams Brian Dvorkin
Debate The Debate Team strives to be competitively successful, effective, socially conscious, and intellectually engaged. We compete locally, regionally, and nationally in Debate. Students compete in Lincoln Douglas Value Debate, Public Forum Debate, and Student Congressional Legislative Debate. No debater is required to attend all competitions. Competitions include school invitationals and several state and national organizational invitationals. Practices are held 2-3 days a week. First year students are encouraged to enroll in Introduction to Debate and Debate Seminarin subsequent years for additional training in the skills of debating.	Katie Cole Daniel Bush Emily Carroll Tiana Sharpe Elise Meintanis

Activity Click activity name for link to webpage	**Sponsor** Email Linked
Distributive Clubs of America (DECA) DECA is a Business Club that is a student-centered organization which is designed specifically for students interested in management, business ownership, or in majoring in business administration in college. Activities include field trips, career workshops, and conventions which are held locally, within the state, and nationally.DECA members compete at the regional, state, and national levels. Competitions include role plays, economics principles, and tests in various industries, written events such as creating a business plan, and virtual stock market games. If you like business,DECA has an event for you. It begins in Aug and runs through May, with meetings every Thursday. Competitions start in Jan and end in May.	Michael O'Neill Christina Clark
Educators Rising Educators Rising is a nationwide organization that helps students who want to go into the field of education learn about the career in high school. As a part of the Education Pathway, the club affords students opportunities for hands-on experience, real life application, community service and methods of teaching, as well as other school careers. The idea is for schools to "grow their own" educators and have them come back after their college experience to teach in neighboring districts.	Tiffany Stewart-Williams Kimberly Peterz
Faith & Fellowship Faith & Fellowship is a space created for prayer, encouragement, faith, and fellowship. The atmosphere is welcoming and supportive, allowing students to deepen their faith, find strength in challenges, and build lasting friendships.	Beverly Woods-Lenore
Fencing Club HF Fencing is a co-ed club that practices and competes in fencing tournaments from Nov through the first week of Feb.The fencers compete in the foil, epee, and sabre events at a junior varsity (1st and 2nd year) and varsity level (3rd and 4th year). Competition is with other high schools in the greater Chicagoland area as part of the Midwest Fencing Conference.Fencers also compete in the annual HF Fencing Invite in December. Prior experience in fencing is not required. Instruction and coaching is given to all members of the fencing club. For hygiene reasons, fencers are required to purchase their own mask and fencing glove. The club provides all the rest of the equipment needed to participate.	David Greene Kendra McPheeters C. Rohrlack Bob Skurka
French Club The French Club is open to all interested students. The club organizes fundraising activities to help pay for trips to French restaurants such as Mon Ami Gabi and regularly participates in Homecoming festivities. Members engage in various French-related activities, including petanque, a Mardi Gras celebration, and the annual cookie-decorating contest. The club also enjoys French films.	Wendy Stiglic
French Cuisine and Conversation Club The Club de Cuisine et Conversation allows students to practice speaking French with other each other in a relaxed environment while sampling various French foods. Crepes, fondue, and Belgian waffles are among the foods served.	Wendy Stiglic
French National Honor Society The chapter of the Societe Honoraire de Francais offers several benefits to a secondary French program. It provides an opportunity to recognize outstanding scholarship in the study of French language through selection for membership. The chapter also provides a vehicle for focusing activities around French language and literature and also for encouraging member participation in yearly contests. There are opportunities for students to experience leadership by serving as officers, directing the initiation ceremony, or leading other chapter events. Members are required to complete 2 French-related activities during the school year. Members also tutor an average of 2 times per week.	Monica Bell
Friends of Rachel (FOR) The group was formed after a presentation called Rachel's Challenge. The club is based on an essay entitled "My Ethics, My Codes of Life" written by Rachel Joy Scott, the first student killed at Columbine High School on April 20, 1999.Rachel's message was one of kindness and compassion towards everyone.Rachel's life has inspired students at HF to begin a Friends of Rachel chapter.This group focuses on empowering youth to be positive role models not only with their friends and in school, but also in the community. Students participate in activities that keep Rachel's hope alive for a better world so that no child is left behind because of fear and violence in their school.	Elizabeth Hackett Cara Boss
Group Interpretation This is a 30 minute version of any type of literature which is then performed with a uniform costume on a minimalistic set. Sound effects are permitted but no lighting, specific costuming, properties, or makeup is allowed.Actors and technicians rehearse and construct scenery throughout the third quarter and participate in competitive performances in the IHSA state competition in March. Current productions include Over the Garden Wall and Let Us Descend.	Kanoa Mulling Kona Burks Aundria Lanier

Activity Click activity name for link to webpage	**Sponsor** Email Linked
High School Play HF puts on an annual play, including some Broadway hits, in Nov that entertains audiences for 3 days. Recent productions include One Stoplight Town, Everybody, and Frankenstein.	JR Willard-Rose
Illinois Music Honor Society (IMHS) The Illinois Music Honors Society is for Illinois music students in high school who are dedicated to their school music program and wish to create and participate in extended opportunities for leadership, service, enrichment, and connection. ILMHS is an opportunity for school music students to bond across specialization areas, promote and advocate for music in the school and community, and network with like-minded students across the state. Illinois Music Honor Society Members are required to obtain ten (10) service credits in music related activities throughout the year.	Steve Sifner
Inspirational Voices Inspirational Voices is a service organization whose goal is the enrichment and encouragement of its members, the Homewood-Flossmoor community, and the Greater Chicago community through the performance of Gospel, Contemporary Christian, and Inspirational secular music. All students are encouraged to join.The choir rehearses weekly to prepare for special events and concerts.	Steve Sifner Tremaine Love
Jazz Band After auditioning for one of the 3 Jazz Ensembles, students practice weekly and attend workshops, Oct through May. They have a winter and spring concert and perform at special events. Members perform and audition at the IMEA Jazz Festival where they can earn college scholarships.	Sarah Whitlock Kelly Cooper Mason Riedel
Just Like You Club (JLYC) The purpose of Just Like You Club is to raise awareness and increase understanding and acceptance of people who are living with disabilities. JLYC allows students to support a culture of inclusion, where all children regardless of ability or specialized need are accepted and celebrated. This club is open to everyone in the HF community. It gives students from the high school a chance to interact with students that they might not meet otherwise. The club also gives students from the Life Skills program a chance to experience high school in a more fulfilling way. Through the year, we do various service activities.	Katie Rice Tiffany Mucha Kathryn Nieckula Jennifer Olumstad Matthew Raglione Aimee Veal
Key Club Key Club is a student-led organization that provides its members with opportunities to perform service, build character, and develop leadership. Key Club International is the oldest and largest community service program for high school students.Members of the Kiwanis International family help Key Club members build themselves as they build their schools and communities. The HF Key Club works with local organizations in the community to provide easy access for service hours, which is required by most colleges. A minimum of 30 service hours is expected annually. The Key Club meets weekly to review community service presentations and sign up for service hours.	Tanya Kluth Veronica Vargas
Leaders In Theatre Ensemble (L.i.T.E.) This is an intensive, condensed co-curricular course which provides theatre students with an ensemble experience similar to that of a professional theater.Within the three weeks before the school year begins, students work collaboratively as actors, designers, and technicians to plan, rehearse, and perform a production.Through their L.i.T.E. experience, students develop their leadership skills and theatrical artistry. Current productions include The 25th Annual Putnam County Spelling Bee, The Bomb-itty of Errors, and Open,Stay.	JR Willard-Rose
Marching & Pep Band After attending a week long Band camp in Aug to prepare for the year, students practice twice a week from Aug through Oct. Members of the Maring Vikings Band perform at the football games, the Homecoming Pep Assembly, and the Homewood Memorial Day Parade. James Hart and Parker Band members are invited to perform with the Maring Vikings at the Youth Night football game. Students are paired up with HF students within their instrument section. The bands rehearse and eat together prior to the game to get the full experience. Marching Vikings perform at the Freshmen Orientation and Freshmen Parent Orientation. Vikings Pep Band perform at basketball games.	Sarah Whitlock Joey Bonanotte Kelly Cooper Kristen Engelbert Mason Riedel Melissa Sauder Kim Tallungan John Whitlock
Mu Alpha Theta Mu Alpha Theta was formed in 1957 at the University of Oklahoma. The society is dedicated to inspiring keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school and two-year college students. Students with all A's and B's in Honors or an A average (no C's) over 5 semesters of college prep math and a GPA of 4.5/6.0 are eligible for the society. New members are inducted into the HF chapter each spring. Members provide Mathematics tutoring to fellow high school students throughout the school year. The group meets bi-monthly and spobsors a Pi Day fundraiser.	Melissa Makovsky-Jones

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Activity Click activity name for link to webpage	**Sponsor** Email Linked
Musical Full scale Musical Theatre production began at HF when the theatre was constructed in 1968. HF has produced a major musical each year. Cast sizes vary depending on the requirements of the production. Auditions are open to all students for membership in the cast. Anyone who is interested may work on crews. Rehearsals are held after school and in the evenings with a performance scheduled for April. Recent productions include Tuck Everlasting, Urinetown, Between the Lines, and Disney's The Little Mermaid.	JR Willard-Rose Deena Cassady
Musical Pit Band Music students interested in performing in the annual Musical are encouraged to submit their interest to the Band Director. The type and number of instruments is contingent on the selected production for the year. Musicians rehearse 2-3 times a week in Mar and April. Students are expected to be available the entire performance week in April.	Sarah Whitlock
National Art Honor Society The National Art Honor Society tries to insure and recognize those students who have shown outstanding ability in art. Students are eligible after completing 3 semesters of art. NAHS members must maintain a 3.0 GPA on a 4.0 scale in their art classes. After becoming a member at the NAHS Induction, students meet twice a month to finish projects, matte work, and prepare pieces to be displayed.Artwork is displayed at school and presented at the annual NAHS Art Show where students are judged by a secret panel. NAHS magnifies the innovation, skills, and scholarship opportunities that our art program brings to our school and community. Opportunities for national recognition, scholarships, and connectivity are available exclusively for our members.NAHS helps the importance of visual arts become even more visible in our school and in our community.	Melissa Sauder
New Faces This production is for students who are new to the theatrical world and are looking for an opportunity to play a role in a show that excludes seasoned actors/actresses from auditioning. This activity allows students to challenge their abilities and develop their skills in leading roles. This production is intended to give performers dramatic experience for future auditions. Recent productions include Winter Break, A Midsummer Night's Dream, and Lost Girl.	JR Willard-Rose
Operation Snowball Operation Snowball is a weekend experience provided for teens to build confidence, help them be a positive influence on each other, share accurate information for decisions about their lives, and "help healthy kids stay healthy."Peer leadership is emphasized. A portion of the program always includes information about use, misuses, and abuse of alcohol and drugs. Many other topics of current concerns to students are discussed. Operation Snowball has been offered at HF since 1981.	Lorrie Maul Brittany Dunn Paul Fasse Kristina Zandi
Operation Snowflake Operation Snowflake is the junior high equivalent of Operation Snowball. This 1 day event for 7th and 8th graders from Brookwood Junior High School, Infant Jesus of Prague, James Hart Junior High School, and Parker Junior High School is a program focusing on prevention through educational growth by promoting personal social development. Students and adults benefit through sharing feelings and thoughts with each other in large group sessions, mini workshops, and small groups in which feelings and concerns may be openly discussed in a confidential atmosphere. The staff includes teens from Homewood-Flossmoor High School who have been to Operation Snowball and adults from both junior high schools.	Lorrie Maul Brittany Gill Paul Fasse Kristina Zandi
Operation Snowflurries Operation Snowflurries is a 1 day event for 5th and 6th graders. The emphasis is on improving self-esteem, responsible decision making, alcohol and drugs, and positive peer influence. Students and adults benefit by sharing feelings and thoughts with each other in large and small group sessions. The staff includes teens from HF who have been to Operation Snowball and/or Operation Snowflake.	Lorrie Maul Brittany Gill Paul Fasse Kristina Zandi
Orchestra Symphonic Strings Orchestra Symphonic Strings is open to students in Sinfonia and Viking Orchestra. All other participants need approval by Mr. Engrav. Symphonic Strings offers students the opportunity to perform at a higher level and to improve their performance skills. Orchestra Club develops initiative, leadership ability, and good citizen practices. In addition to concerts, the musicians perform at assemblies at Hart and Parker, the Honors Recital, the Cancer Society and Honors Convocation.	BJ Engrav

Activity Click activity name for link to webpage	**Sponsor** Email Linked
Peer Mediation Conflicts between students are a part of daily life in schools. Mediation is a conflict resolution approach in which disputants have the chance to sit face-to-face and talk, uninterrupted, so each side of the dispute is heard. After the problem is defined, solutions are created and then evaluated. The trained peer mediators are the people who lead this process. The mediator does not take sides and keeps all information confidential. Mediation is a skill that involves good communication, problem solving and critical thinking. Members meet weekly to receive training and discuss strategies. Peer mediators develop and promote a conflict prevention campaign, conduct trainings at Parker and Hart, and mediate athletes and activity members after school to preserve the team concept.	Danielle Mitchell Jocelyn Cowan
Poetic Expressions Poetic Expressions is a club that provides a safe space for students to explore spoken word poetry. A typical meeting includes warm up exercises and open mic opportunities. In addition to the club itself, there are two competitive teams: Louder than a Bomb and Battle of the Bard. While all HF students are welcome to join the club and attend weekly meetings, auditions are held for the competitive teams.	Jeanne Miller
Robotics Club (RC) **HF** Robotics offers students a project-based learning opportunity through an engineering design process. The club will meet twice a week after school from Oct to the end of April to research, design, and construct a VEX robot, an ROV underwater robot (Remote Operated Vehicle), and/or one of six projects to compete at Southworks Engineering & Robotics Competition in April. HF Robotics began with partnerships with the Shedd Aquarium and the HF Foundation and is currently sponsored by the Whiting Corporation.	Roberto Suarez
Science Olympiad Science Olympiad is a team activity designed to promote and inspire students' interest in science. The goal is for students to develop teamwork and utilize problem solving skills in science. Members meet weekly to discuss concepts, techniques, strategies, and projects. Students review the scientific concepts and conduct science labs to prepare for competitions. They participate in school invitationals, the SWSC Science Festival, Regional, State and National competitions.	Cailtin Gallagher Jeanettra Watkins
Skills USA SkillsUSA is a national organization that prepares students to be leaders in technical, skill-based, and hands-on careers while ensuring America has a skilled workforce of responsible citizens. Members have the opportunity to participate in over 100 individual and team competitions including welding, manufacturing, automotive service, small engine repair, robotics, and woodworking, among many others. SkillsUSA competitions are offered at the regional, state, and national levels.Members study and prepare in hands-on activities to improve their personal skill-level and ability; enrolling in Career and Technical Education courses helps in preparing members for their selected contests.	Bill Merchantz
Spanish National Honor Society The purpose of this organization is to recognize high achievement in Spanish by high school students and to promote a continuity of interest in Hispanic studies. Sophomores, Juniors and Seniors are eligible for member-ship based on academic achievement and teacher recommendation, after completing three semesters of high school Spanish. The initiation ceremony takes place in May each year. During the year, students attend monthly meetings and tutor their peers twice a week.	Ashley Mazzola Kia London
Special Olympics (SPOLY) HF's Special Olympics program is governed by Special Olympics Illinois and the Illinois High School Association to provide traditional and unified competitive opportunities for our student- athletes. We offer competition in soccer, basketball, and track. Each sport has guidelines and team roster criteria. Student-athletes must meet the team criteria and partners must complete the application and tryout process. Current sports physicals are required. An athletic physical is good for 395 days. Partners are required to have passed 5 classes from the previous semester to be eligible for participation, pass 5 classes on a weekly basis, and pass 5 classes at the semester to maintain eligibility.	Katie Rice Tiffany Mucha Kathryn Nieckula Jennifer Olumstad Matthew Raglione Aimee Veal
Speech The HF Speech program offers a unique opportunity for students to express their individual speaking and dramatic talents in a competitive atmosphere.Participating in this activity can benefit your future, but is especially popular among students interested in business, communication, marketing, education, law, politics, and theatre. Speech is an excellent way to improve public speaking skills, for those students who are shy or nervous in front of an audience. Students compete against other schools in individual events at invitationals held throughout the season.The Speech Team competes in the regional, sectional, and state levels of the IHSA, as well as participates in the SWSC Workshop. This includes competition in public speaking, limited preparation, and dramatic performance events, such as the Performance in the Round.	Prince Lowe Zoe Bridges Kona Burks Nia DeRamus Aundria LaNier Kanoa Mulling Angela Rich Rita Wicks

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Activity Click activity name for link to webpage	**Sponsor** Email Linked
Steppers The HF Steppers provide a different and unique way to demonstrate school spirit through hand clapping. The routines are synchronized dance steps designed to energize the audience. Students who want to demonstrate their school spirit audition for membership. New participants attend a membership ceremony after making the team. The group rehearses 5 days a week throughout the year. They step at varsity basketball games and compete in various competitions.	Wesley Stewart Lovie Greer
Summer Theatre The Beyond-the-Curtain Summer Camp gives students from grades 5th-9th acting and play production experience. Students will learn essential theatre skills in audition prep, headshots, improv, musical theatre, choreography, stage combat, stage makeup, prop making, and set design. These skills lay the foundation for future theatre experiences and for the program's culminating showcase.	Deena Cassady
Technical Crew If you like the theatre but are not interested in acting, you can get involved in tech! Technical Crew assists with costumes and makeup, constructs and paints scenery, hangs and focuses lighting, creates sound effects, and runs backstage for each of the 6 Theatre productions at HF. We work mostly in the HF Auditorium, Performing Arts Center, and adjoining scene shops. Students do not have to work on every show. Members can choose the productions that work within their schedules. Production run crews are selected through an application process. Proficiency, commitment and leadership are criteria contributing to run crew assignments backstage during performances. Hours spent doing technical work enables you to become a member of the HF Thespian Troupe.	Tim Tholl
Thespians The organization promotes theatre quality at Homewood-Flossmoor. Students who are involved in Homewood-Flossmoor productions of the Children's Play, Group Interpretation, High School Play, Leaders in Theatre Ensemble, Musical, and New Faces are awarded points. Once a student has 25 points, he/she is eligible for membership and participates in the annual Thespians Troup Induction in May. Activities of the group include monthly meetings, improving the theatre, attending plays, and participating in Theatrefest.	JR Willard-Rose Tim Tholl
Viking Broadcasting Company (VBC) The Broadcasting program includes the WHFH Radio (88.5 FM) and the VTV Studio. Students enrolled in the radio and television courses fill student staff positions. All students may try out for positions as music, news, sports, and Viking television announcers. Students also come in to use the equipment, work on the radio, or do a live broadcast outside of class. VBC also covers home athletic contests and special events.	Mark Ciesielski Nicolas Jones Matt McLindon Erika Tengesdal Jacob Vallicelli Robert Wells
Viking Law **Viking Law** (formerly Mock Trial combines the artistic skills of public speaking, debating, and acting into one competitive activity. The Viking Law team prepares a case and competes against other schools to simulate a real trial. Tryouts are in Oct with a Saturday competitive season from Jan through Mar, culminating with the state championship. Practices are twice a week. The Illinois State Bar Association releases a case in Nov for states schools to use for the season. The case alternates between a civil and a criminal case. Teams must prepare both sides of the case (prosecution/plaintiff and defense) for every competition. Students prepare either as an attorney, witness, or both. Team members develop case theories, practice speeches, prepare examinations, and develop witness characters. Students hone their improvisational skills. Competitions consist of 2-4 rounds, with several sitting judges evaluating each team's performance.	Libby Day Sara Youssef C. Assise
Visual Arts Club (VAC) Visual Arts Club is dedicated to encouraging artistic expression and furthering knowledge and appreciation of the arts for its members. Through engaging in cooperative art projects, listening to guest artists and lecturers, visiting gallery openings and local museums., the club encourages students to find out first hand the immense value that the world of art can offer them. The club fosters a sense of camaraderie for fellow art students so that they can support each other in their artistic pursuits.	Rebecca Healy
ZooBot ZooBot Club is open to all HF students who are interested in the study and care of animals. Throughout the year, students provide daily animal care and have opportunities to care for these animals at home during the weekend and/or during school breaks. Money raised from fundraisers such as dog bathing or the sale of candy and cookie dough, help members care for the HF animals. Students also visit the South Suburban Humane Society, the Brookfield Zoo, and the Shedd Aquarium. Members participate in the local Bark Walks. Members also attend the annual SkyZone Tramopline event . When available, the Reptile Guy visits the campus with snakes and lizards to give the students the opportunity to learn about non-traditional pets. Members also provide daily plant care and sponsor an annual plant, herb and vegetable sale, and winter storage program.	Chris Stiglic Michelle Kozik

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Student Government Click activity name for link to webpage	**Sponsor** Email Linked
Senior Class - Class of 2027 Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the senior class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. There are also bi-monthly large-group meetings run by the Executive Board. The senior class assists with the Homecoming Pep Assembly, attends the SWSC Convention, and sponsors the Homecoming Dance and Bon Voyage!	Christina Clark
Junior Class - Class of 2028 Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the junior class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. There are also bi-monthly large-group meetings run by the Executive Board. The Junior class assists with the Homecoming Pep Assembly, attends the SWSC Convention, and sponsors Prom.	Courtney Alexander
Sophomore Class - Class of 2029 Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. The election of the sophomore class officers occurs in the spring of the preceding year. Students wishing to be considered a representative must submit petitions at this time. There are also bi-monthly large-group meetings run by the Executive Board. The Sophomore Class assists with the Homecoming Pep Assembly, attends the SWSC Convention, and sponsors the Turnabout Dance.	Corinne Zimmerman
Freshmen Class - Class of 2030 Class officers are responsible for coordinating the extra-curricular activities germane to their respective class. Freshmen are encouraged to join in the fall. Freshmen learn about the election process and prepare to run for office for their sophomore year. There are also bi-monthly large-group meetings run by the Executive Board. The Freshmen Class assists with the Homecoming Assembly, attends the SWSC Convention, and sponsors the Homecoming Carnival and the annual food drive.	Allison Farkos
SWSC Activity Click activity name for link to webpage	**Sponsor**
Band The Band Club is a combination of all bands at HF, including Symphonic Band, Wind Ensemble, Concert Band, and Percussion Ensemble. All of the bands have elected officers and as the larger Band Club, take part in fundraisers during the year to help generate funds for supplies not normally covered by the school budget. Band members also participate in the SWSC Band Festival.	Sarah Whitlock
Chess The HF Chess team competes in a variety of competitions throughout the year in dual meets against our conference schools, school invitationals, and in the state tournament. Competitors at every skill level are welcome, including novices desiring to learn the game.	Tiffany White
Choir The Choral Club is a combination of all the students involved in the choral program at Homewood-Flossmoor High School. Members of the club participate in activities sponsored by their individual choir and general fund raising activities.After auditioning for Choir Chimes, Handbells, and Viking Ensemble, students rehearse twice a week for their respective group. These musicians perform at their concerts throughout the year and participate in the SWSC Choir Festival.	Steve Sifner
EDDA - Literary Magazine EDDA Club designs and produces our annual art and literary magazine. Members will critique student submissions of writing and visual art (blind process) and edit pieces when necessary. Members also create and judge contests, as well as host reading events to inspire and engage general student population. Members also have the opportunity to participate in the SWSC Literary Magazine workshop.In May, the collection of writings and drawings is published and sold. The pieces are performed by the Advanced Theatre Production students at the annual EDDA Showcase.	Sahar Mustafah
Mathletes Mathletes' purpose is to recognize mathematical ability, encourage independent study, stimulate interest in mathematics, and provide an opportunity to meet other students that enjoy mathematics. Mathletes is intended for students with a strong interest and ability in mathematics. Mathletes practices once a week for five SWSC competitions spanning from September through Feb. The fifth competition is our conference meet. In late Feb we compete at our annual Regional Competition and if students qualify they compete at the State Competition held in early May.	Michael Sacks Dana Noble Tiffany White

https://schools.snap.app/HFActivities

SWSC Activity Click activity name for link to webpage	**Sponsor**
National Honor Society National Honor Society is the nation's premier organization to recognize outstanding high school students, honoring those who demonstrate excellence in scholarship leadership, service and character. Amongst other academic requirements, membership eligibility is determined by the top 20% of the incoming senior class, and the top 10% of incoming juniors in the Spring. After participating in the NHS induction in May of the previous school year, members meet monthly throughout the year. Members service a variety of special projects, provide help to both community and school organizations, and organize/promote the annual Day of Service.	Michelle Kozik Tiffany Stewart-Williams Lauren Chasey
Odin Yearbook Members must be enrolled in the yearbook course and attend meetings outside of class to work on production of the publication. Students will analyze trends in media, such as magazines, web sites, and other published materials. They will combine their observations with ideas they have gathered from yearbooks around the country to develop a theme and create graphic elements that will tie the book design and content together. In the process they will learn basic graphic design language and become familiar with using digital cameras, scanning, using programs such as Adobe In-Design and Photoshop. Together, Odin staff members create a book that reflects what our school is/does in order to preserve memories for years to come.	Deena Cassady
Scholastic Bowl The Scholastic Bowl is an IHSA interscholastic competitive activity, where 2 schools compete to answer questions involving factual knowledge, quick recall, intuitive guessing and many other types of questions. The format is two teams of 5 individuals who compete both to see what individual can answer a question the quickest, as well as, conferring with all teammates on multi-part questions.This fast-pace competition has students buzz in to give their answers on a Jeopardy-style electronic system. Members practice once a week to compete in SWSC competitions spanning from Aug to Mar. Members compete in school invitationals and the annual HF Scholastic Bowl Invitational. In Mar, they compete in the IHSA Sectionals and if they qualify, advance to the IHSA State Competition.	Michael Sacks Tiffany White
Science The SWSC Science event is designed to create an interest in co-curricular science activity through participation in a competition between all SWSC schools.Each school develops an event, rules, grading scale, and tie breaker for their competition. Each event is identified as an individual event or 2-person team event and with the number of entries permitted per school.	Caitlin Gallagher Jeanettra Watkins
Student Government Executive Board This is the representative agent for the student body and is comprised of the Presidents from the Student Government Senior Class, Junior Class, and Sophomore Class. Elections occur in the spring of the preceding year. The Executive Board oversees the grade level Student Government classes. They are responsible for the Homecoming Pep Assembly and the SWSC Student Government Convention.	Christina Clark Alyssa Marassa
Visual Arts The SWSC Visual Arts festival provides an opportunity for visual arts students and faculty sponsors to meet and exchange ideas regarding the arts and related fields, to learn from and network with their peers, to showcase student talents, and to increase their exposure to the visual arts and the wealth of valuable art resources in Chicago. The annual festival is designed to allow students to display their artwork in a gallery-like setting, view artwork from and collaborate with their peers from neighboring schools, hear and see professional artists and their work, and have their own work recognized and critiqued by experts in the field.	Jackie Wargo
Voyager Newspaper Anyone who has writing talent and likes to write may want to enroll in the Journalism I class or the Journalism Seminar class to become a part of the newspaper staff. The Voyager is the official student newspaper of HF High School and is the product of duly authorized academic classes held during the official school day and two nights per week throughout the academic year. The Voyager distributes a special Senior Edition in May as a tribute to graduating seniors.Members also attend the annual SWSC Newspaper workshop, where students have the opportunity to submit work to be reviewed and judged by current local journalists.Students also share ideas and exchange newspapers with conference schools.	Rachel Kucharski

Athletics Department

The Fall, Winter, and Spring seasons revolve around the IHSA Calendar.
The IHSA Week 1 starts the first Monday in July.

Fall Sports
Boys & Girls Cross Country, Girls Flag Football, Football, Boys & Girls Golf, Boys Soccer, Girls Swimming, Girls Tennis, Girls Volleyball - begins on the Monday of Week 6

Winter Sports
Competitive Cheerleading and Competitive Dance - begins on the Monday of Week 17
Girls Basketball - begins on the Monday of Week 18
Boys Basketball, Girls Gymnastics - begins on the Monday of Week 19
Boys & Girls Wrestling - begins on the Monday of Week 19
Boys Swimming - begins on the Monday of Week 21
Boys & Girls Indoor Track - begins on the Monday of Week 29

Spring Sports
Badminton, Baseball, Lacrosse, Girls Soccer - begins on the Monday of Week 35
Softball, Boys Tennis, Boys & Girls Water Polo - begins on the Monday of Week 35
Boys Volleyball - begins on the Monday of Week 36

Athletic Tryouts

- **Register:** All potential athletes need to go to the Homewood-Flossmoor HS Dashboard at https://hf.8to18.com/accounts/login to register for tryouts. Click on "Create an Account" and enter a parent/guardian email and create a password. Please remember this password as you will use this for the years to come for all of your children.
- **Physicals:** All physicals are only good for 395 days from the signed date. The Freshmen physical required for enrollment is used as the freshmen sports physical. All other athletes must use the IHSA physical form and get a new physical every year. Physicals must be turned into the Athletic Office prior to tryouts.
- **IHSA Concussions:** All athletes and a parent/guardian must sign off on the IHSA Concussions information through the Snap!Manage Dashboard.
- **Athletic Training Rules/Code of Conduct/Hazing:** All Athletes and a parent or guardian must sign off on the information through the Snap!Manage Dashboard.



Mascot: Victor Viking
Boys Teams: Vikings
Girls Teams: Lady Vikings
School Song:

Fight on you Vikings, fight,
For Homewood-Flossmoor High.
Our banner Red and White
Will fly proud and high in victory.
Our team will claim the fame
Of champions strong and free.
Fight on, you Vikings,
You fearless Vikings,
Fight on to victory

Athletic User Fee

- Due after tryouts are completed and rosters are determined.
- Pay by e-check or credit card on the HF Snap!Manage Dashboard
- $50 per sport up to 2 sports per school year
- The user fee is waived for the third sport within one school year.
- The user fee for Free Lunch recipients is waived per guidelines.

Athletic Academic Eligibility

All incoming freshmen athletes are eligible for athletic participation first semester.

- Weekly eligibility checks are done for all in-season athletes.
- All athletes must pass 5 classes on a weekly basis to be eligible in-season.
- All athletes must pass 5 classes to be eligible for the next semester.
- Summer School classes count towards the next semester eligibility (up to 2 classes)

Tryouts

- Tryouts last a minimum of 2 days depending on the number of athletes trying out.
- Cuts will be made depending on the number of athletes trying out for that sport.
- Cut athletes are encouraged to tryout for another sport in season with coach's consent

Websites

- **HF Athletics**
  https://schools.snap.app/HF
  Schedules, announcements, documents & links
- **IHSA State Organization**
  www.ihsa.org
  Sport specific information and State Series information
- **GoFan**
  https://gofan.co/app/school/IL15520
  Game and event tickets

Southwest Suburban Conference

Click sport name for webpage	Levels	School Tryouts	Duration of Season	Summer Camp	Head Coach Email linked
Fall Sports					
Boys Cross Country	F/S, V	Non-Cut Sport	Aug - Nov	June - July	Brian O'Donnell
Boys Golf	JV2, JV, V	Cut Sport	Aug - Oct	June	Chris Stiglic
Boys Soccer	F/S, JV, V	Cut Sport	Aug - Nov	July	Jairo Garcia
Co-Ed Cheerleading (Sideline)	F, JV, V	Cut Sport	April - Oct	June - July	Zenia Boyd
Co-Ed Dance (Sideline)	JV, V	Cut Sport	April - Oct	June	Kari-Lynn Burroughs
Girls Flag Football	V	Non-Cut Sport	Aug - Oct	July	Walter Collins
Football	FA, S, V	Non-Cut Sport	Aug - Nov	June - July	Troy McAllister
Girls Cross Country	F/S, V	Non-Cut Sport	Aug - Nov	June - July	Hailey Baumstein
Girls Golf	JV, V	Cut Sport	Aug - Oct	June	Tony Kruse
Girls Swimming/Diving	JV, V	Cut Sport	Aug - Nov	June - July	TBA
Girls Tennis	JV, V	Cut Sport	Aug - Oct	June	Jeff Cade
Girls Volleyball	FB, FA, JV, V	Cut Sport	Aug - Nov	July	Nate Nesbit
Winter Sports					
Boys Basketball	FB, FA, S, V	Cut Sport	Nov - Mar	June	Brandin Brown
Boys Swimming/Diving	JV, V	Cut Sport	Nov - Feb	June - July	John Fitzgerald
Boys Wrestling	F, JV, V	Non-Cut Sport	Nov - Feb	June	Jim Sokoloski
Co-Ed Cheerleading (Competitive)	F, JV, V	Cut Sport	Nov - Mar	June - July	Zenia Boyd
Co-Ed Dance (Competitive)	JV, V	Cut Sport	Nov - Mar	June	Kari-Lynn Burroughs
Girls Basketball	FB, FA, JV, V	Cut Sport	Nov - Mar	June	Tony Smith
Girls Gymnastics	JV, V	Cut Sport	Nov - Feb	N/A	Kory Thompson
Girls Wrestling	V	Non-Cut Sport	Nov - Feb	June	Scott Aronson
Spring Sports					
Badminton	F, JV, V	Cut Sport	Feb - May	June - July	Alexander Pratt
Baseball	F/S, JV, V	Cut Sport	Feb - June	June	Marcus Rodgers
Boys Tennis	JV, V	Cut Sport	Feb - May	June	Brian Johnson
Boys Track & Field	S, V	Non-Cut Sport	Jan - May	N/A	Nate Beebe
Boys Volleyball	FB, FA, JV, V	Cut Sport	Mar - May	June	Mark Ciesielski
Boys Water Polo	JV, V	Cut Sport	Feb - May	June - July	John Fitzgerald
Girls Soccer	F/S, JV, V	Cut Sport	Feb - June	July	Ali Farkos
Girls Track & Field	S, V	Non-Cut Sport	Jan - May	N/A	Tywon Green
Girls Water Polo	JV, V	Cut Sport	Feb - May	June - July	Pat Duignan
Lacrosse	V	Cut Sport	Feb - June	June - July	Jason Keane
Softball	F/S, JV, V	Cut Sport	Feb - June	N/A	Larry Dawson

Levels Key

FA = Freshmen A | **FB = Freshmen B** | **F/S = Freshmen/Sophomore** | **S = Sophomore**
JVA = Junior Varsity A | **JV2 = Junior Varsity 2** | **JV = Junior Varsity** | **V = Varsity**



HOMEWOOD-FLOSSMOOR HIGH SCHOOL

Dr. Jennifer Norrell, Superintendent
Dr. Clinton Alexander, Principal

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