



MT. ZION
HIGH SCHOOL

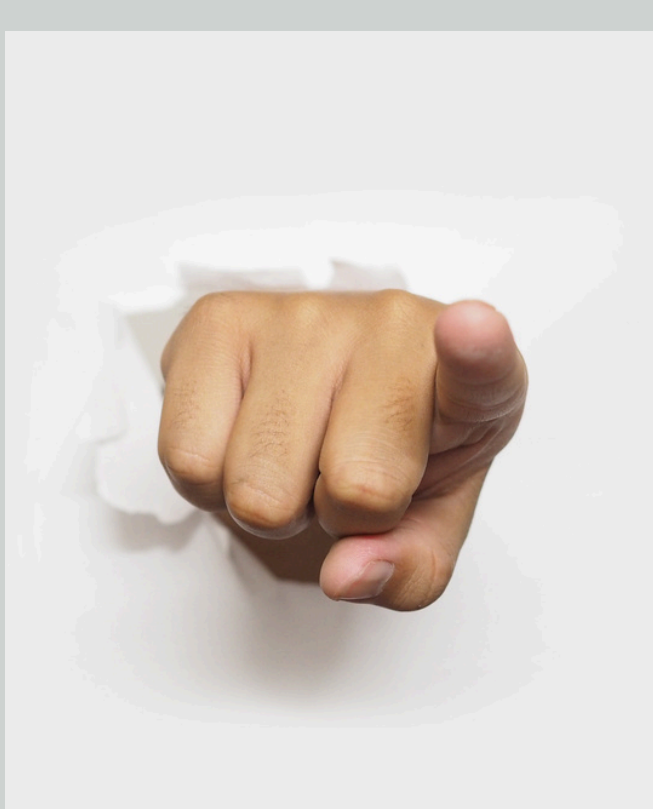
305 S. Henderson
Mt. Zion, IL 62549
www.mtzschools.org



ACTIVITIES GUIDE

GET INVOLVED!

Why YOU Should Join Extracurricular Activities!



Mr. Johnson
High School Principal

"Not all learning happens in the classroom!"

"Extracurricular activities are clubs or athletics that you commit to outside of the academic curriculum. It's important to make time for extracurricular activities. Creating a balance between activities in and out of the classroom helps to make well-rounded individuals by helping students succeed in the classroom, develop time management skills, and learn leadership and teamwork skills to carry on into college, trade school, or the workforce!"

Student Perspective

"The activities you participate in not only show colleges that you're an involved student, but they can improve your resourcefulness, problem-solving ability, and social skills."

- Lexie Damery '25
SADD, Medics, Art Club

"It is important to join extracurricular activities/sports because you can make friends, do what you enjoy, and learn the importance of time management."

-Isabelle Patterson '24
Show Choir, SADD, Principal's Leadership Council, Key Club

"Extracurriculars allow you to find new friends and do something you are passionate about!"

-Sam Gilman '23
Key Club, SADD, Spanish Club, FBLA, Baseball

"Being in clubs allows you to gain friendships and leadership skills."

-Avery Sommer '26
Show Choir, Track, Cross Country, International Club, FCS

"Clubs are a good way to get involved in school and your community. They help you build friendships and connections you might not have otherwise."

-Maddie Kendall '25
Soccer, Basketball, Volleyball, SADD, Key Club, Tribe, International Club, Spanish Club, Student Council, FCS

Faculty Perspective

"We want to facilitate opportunities that create life-long learners and contributors to communities for years to come. Let us support you in all you do during your high school career!"

Activities

01 Academic Challenge

Academic Challenge (formerly WYSE) is a group nominated by teachers in the areas of Math, Science and English. Students are chosen to compete against other schools in the areas of English, Mathematics, Chemistry, Biology, Physics, Computer Science and Engineering Graphics. Students each participate in 2 subject area tests. Due to the content presented in the tests, students in this club are juniors and seniors.

02 A cappella/Quartets/Ensembles

This group is made up of students who love to sing four-part harmony in the a cappella style (no instruments other than the voice). Students make up either quartets or small ensembles and not only perform for school concerts, but also have the opportunity to sing for community events, as well as enter state competitions. Groups can be all-male, all-female, and/or mixed and rehearse weekly throughout the fall semester and resume in the spring.

03 Art Club

Art Club is a student-led club that focuses on expressing creativity and fostering an artistic community within our school and community. Our club is open to Junior High and High School students and they do not have to be enrolled in an art class to join. Our club meets bi-monthly, every other week, and there is a \$10 fee for dues.



Activities

04 Band

The High School Band is made up of students grades 9-12 who play a woodwind, brass, or percussion instrument. This class meets every day during the school day. During first quarter, our competitive marching band season takes place. The award-winning Marching Braves perform at home football games, the Homecoming Parade, compete in three marching band competitions, and host Marching Music Games. Following competitive marching band season, we shift gears into Concert Band. The Concert Band will give at least three concerts during the school year. The Band travels every year to represent Mt. Zion High School around the country. Previous performance opportunities include: performing in the Magic Kingdom parade at Walt Disney World, the USS Intrepid Sea, Air, and Space Museum in New York City, The Grand Ol' Opry in Nashville, and the Lincoln Memorial in Washington D.C. Additional opportunities for Band include participating in the Illinois Music Education Association District and All-State programming, IHSA Solo/Ensemble Contest, and the Apollo Conference Honor Band.

05 Bass Fishing

Bass Fishing is an IHSA activity that allows anglers to learn how to fish, fish local ponds, and fish in several tournaments throughout the year. The team works all year to catch largemouth bass to accumulate weight to fish in the IHSA regional tournament and the top 3 boats from each regional go to state. Our Club Goals are to develop awareness of ecological principles related to aquatic/natural resources, promote angler ethics and increase knowledge of angling techniques and angling opportunities. There are year long meetings and opportunities to learn.

06 Braves TV

Braves TV is the student-led live streaming service which broadcasts various concerts, athletic contests, and special events for the Mt. Zion School District. Students produce the broadcasts utilizing advanced technology. Positions included camera operators, event producers, commentators, and video production. No experience is required, all training is done during events.

Activities

07 Color Guard

The Color Guard is made up of students grades 9-12 who wish to participate with the Marching Braves and add a visual element to the field show performance. This semester-long class meets every day during the first semester. The award-winning Marching Braves Color Guard performs with the Marching Braves at home football games, the Homecoming Parade, competes in three marching band competitions, and hosts Marching Music Games.

08 Competitive Show Choir

Mt. Zion High School has a long history in the show choir field of competition. The Swingsations (Mixed group) have enjoyed a tremendous amount of success and notoriety as a trendsetter in the show choir circles, as have Les Femmes (Unisex group), and You've Got Male (Unisex group). Each year, Mt. Zion show choirs raise the standard for high energy choreography, challenging vocals, dynamic visual effects while bringing miles of smiles and tons of fun to the stage. Backed by the strong support of both the Swingsations Boosters and Les Femmes Boosters, as well as the Mt. Zion community, the show choir program continues to thrive, and the groups will continue to compete from coast to coast and perform for the community for years to come. Tryouts are in the spring each year.

09 Drama Club

Drama Club is a student organization designed to help students learn more about all aspects of theater! We learn acting skills, work on building sets and props, design costumes and stage makeup! Drama Club is open to all students. Dues are \$20, which includes a t-shirt and production fee. In addition to participating in the school play, members of the Drama Club are eligible to take field trips to see shows and attend Theatrefest.



Activities

10 Drumline

The Mt. Zion High School Drumline is a feature of the marching band and a stand alone unit. The Drumline showcases percussion with different types of drums in its makeup. Drumline hosts tryouts in May for the following year. Mt. Zion High School has a drumline (specific) week-long camp typically held the last week of July. Drumline competes in the fall with the Marching Band and performs at a handful of girls' and boys' basketball games. We also have been asked to play Volleyball senior night, Girls' Tennis senior night, Decatur Blaze Hockey senior night, Millikin Soccer performance, Millikin Football performance, fundraisers for MCGaughey and MTZ Grade, and several other community events (depending on the year and contacts). Tryouts are held in May for participation in the following school year.

11 FCCLA

In Family, Careers, and Community of America we have lots of arts and crafts projects, baking competitions, and community service activities. Some of our past activities include: making cards for nursing homes, cupcakes wars, hot cocoa social, potlucks, and so much more! Meetings are held after school.

12 FFA

Future Farmers of America is a leadership based agricultural group that focuses on the development of students' skills through contests, record keeping, and conferences/conventions. Students can participate in a number of different contests related to agriculture and the various aspects of the agriculture industry including agronomy, livestock, foods, dairy, and many more. There are also contests to help students develop those skills that will be important in their future whether they are in the agriculture industry or not including Public Speaking, Job Interview, and Parliamentary Procedure. In addition to contests, students can participate in a number of conferences and conventions, chapter meetings, local community service projects and much more. To join the Mt Zion FFA, a student must be in an agriculture class or have taken an agriculture class. There are a number of classes to choose from so join today!

Activities

13 **FTC (Robotics)**

FIRST Tech Challenge is the high school level of the FIRST Lego League that we have at Mt. Zion Junior High. Students are given a game task at the start of the season, and they work together to design, build, and program a robot that will compete against other teams in completing a series of tasks. No prerequisite knowledge in programming or building is necessary, but it is definitely a big help. Any student is free to join that has an interest in computer science and engineering or just likes to build things and work with their hands. The season starts in September and ends in February. The time commitment is flexible, but generally you can expect between 1 and 3 hours a week after school.

14 **French Club**

French Club is an organization that allows students to experience various aspects of French culture such as food, language, games, and meet with other French students that would not be possible in the time constraints of class. French Club members fundraise and participate in the annual French Club trip to Chicago.

15 **FBLA**

Future Business Leaders of America, Inc. (FBLA) is the largest business Career and Technical Student Organization in the world. Each year, FBLA helps over 230,000 members prepare for careers in business. FBLA inspires and prepares students to become community-minded business leaders in a global society through relevant career preparation and leadership experiences.

FBLA has social gatherings to get to know each other, listen to guest speakers to learn what it means to be a business leader, and participate in service projects to raise money for various organizations. There are many leadership opportunities available through our executive board and by competing in the state and national business competition. Become a future business leader today!

Activities

16 International Club

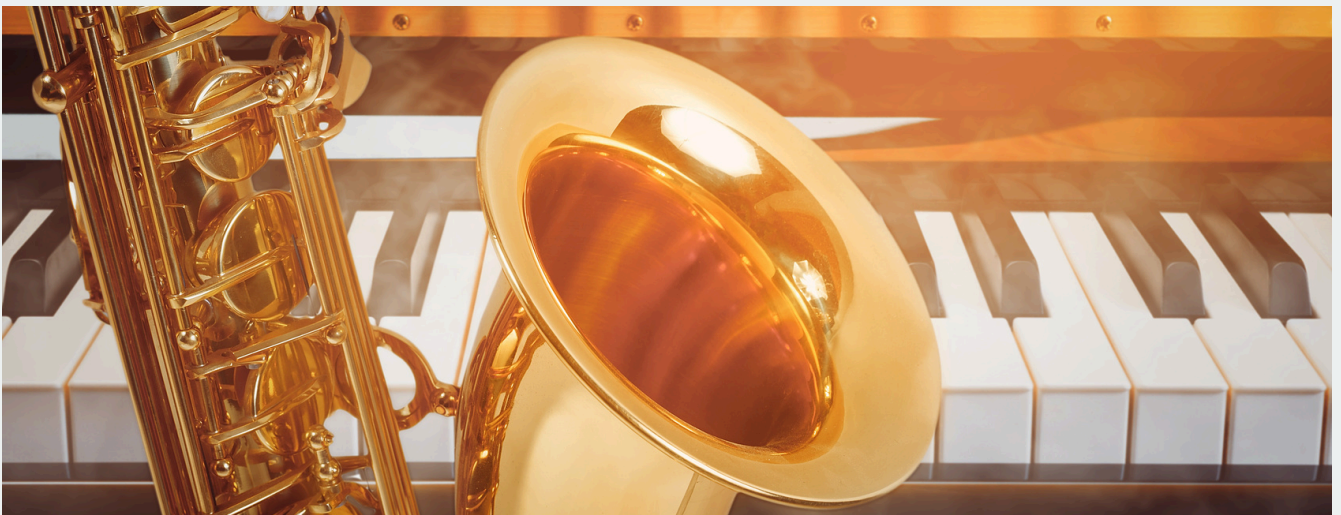
The International Club (IC) is dedicated to preserving, sharing and understanding cultural relationships around the world. IC organizes activities and events to explore international, cultural, historical, and socio-economic affairs and bring together people of all backgrounds and nationalities.

17 Intramurals

Students can sign up after the first of the year to play intramural basketball in the field house. Teams are divided up evenly and teams compete in pool play then in a single elimination tournament.

18 Jazz Band

The High School Jazz Band is made of students grades 9-12 who play a woodwind, brass, or percussion instrument and wish to focus on the jazz medium. The class meets every day during early bird. The band plays music from a variety of musical styles and forms based in jazz, rock, and fusion. The jazz band performs formal concerts at least once a semester. The jazz band also performs as a pep band at various home basketball games. The Jazz Band has also performed on previous Band Trips including recording at Studio B in Nashville. Additional opportunities for Band include participating in the Illinois Music Education Association District and All-State programming and the Apollo Conference Honor Band.



Activities

19 Key Club

Key Club is an international, student-led organization that provides its members with opportunities to provide service, build character and develop leadership. With 1000s of clubs in more than 38 countries, the impact of Key Club members can be felt all over the world. Key Club is part of the Kiwanis family and its purpose is to teach students how to lead and how to help their school and community through service and volunteerism.

20 Math Team

Math Team is an individual and group based mathematics competition. The competition consists of a series of tests over topics covered both inside and outside the curriculum. Students range from Freshman to Seniors, and obviously students must have a pretty deep interest in mathematics in order to join. Our regional competition is held in February, and the state competition is held in April/May. We have a proud tradition of success with many regional championships and placements at the state competition.

21 Medics Club

The mission of MEDICS is to empower Mt Zion's Future Health Professionals to become leaders in the health community through education, collaboration, community service, and experience. We host a community and school-wide blood drive each year to promote the importance of blood donation and help save lives!



Activities

22 National Honor Society

The National Honor Society (NHS) is an organization for high schoolers that promotes leadership, service, character, and scholarship. There are over one million students participating in NHS activities today in all 50 states and territories of the United States. The purpose of the National Honor Society is to elevate students' and schools' academics, leadership, and community engagement. NHS benefits students, communities, and colleges. Colleges have a way of seeing the academic and service commitment of an applicant through his or her membership.

23 Orchestra

Orchestra is made up of students who play a string instrument. This class meets every day during the school day. The Orchestra performs at least four concerts during the school year and also has the opportunity to travel and perform on a spring trip. Previous performance opportunities for the Orchestra include the Country Music Hall of Fame in Nashville and the USS Intrepid Sea, Air, and Space Museum in New York City. Additional opportunities for Orchestra include participating in the Illinois Music Education Association District and All-State programming and the IHSA Solo/Ensemble Contest.

24 Scholastic Bowl

Scholastic Bowl is a competitive IHSA activity in which students participate as a team of 5 against other schools by answering trivia questions pertaining to various academic topics. Topics include History, Social Studies, Math, Literature, Science and Fine Arts.

Activities

25 Spanish Club

In Spanish club, students get additional time to practice the language with their peers in an after school setting. Together we learn how to play authentic games, taste authentic foods, and make authentic crafts. We also take the additional time to dive deeper into the culture of the Spanish-speaking world and focus on the products, practices, and perspectives of different countries and compare and contrast them to the United States.

26 Speech Team

The speech team participates in the IHSA Speech Individual Events series. Students may pick from over a dozen events and participate in competitions with other schools from Illinois. These events range from prose and poetry readings, extemporaneous and impromptu speaking, radio broadcasting, original comedy, humorous duet acting, and more.



Activities

27 SADD

The Mt. Zion High School Chapter of Students Against Destructive Decisions (S.A.D.D.) organizes activities that encourage students to make responsible decisions. Activities in previous years have included such things as our “Senior Sunset,” working on our homecoming parade float, “High-Five Fridays,” participating in the central Illinois “Tackle Hunger” program, bringing in gifts and/or supplies for various drives, organizing activities for Mental Health Awareness Month, making Valentine’s Day treats for all students, and hosting our annual Holiday Movie Night. Membership is open to all high school students who complete the membership form and pay the required fees.

28 Student Council

Student Council is an organization of student-elected peers who work toward improving the culture of Mt. Zion High School. Members plan and organize Homecoming Activities and various other events throughout the year. Members are elected.

29 The Tribe

The Tribe is a freshman mentoring program designed to support the incoming freshman class while strengthening and fostering a positive school culture and climate. The Tribe consists of junior and senior leaders who help coordinate and implement a Freshman Orientation a few days before the first day of school where the junior and senior leaders build relationships with the freshmen, foster a sense of belonging within the freshmen, provide guidance and prepare the freshmen for what is in store throughout high school. Beyond Freshman Orientation, the Tribe also provides freshmen with specialized team building, small group activities, and structured and unstructured social experiences throughout the school year. To become a Tribe Leader, you must be a junior or senior and the application process usually begins in March.



Activities

30 Yearbook

Throughout this full year class, students will be involved in the production, sales, design, and distribution of the Mt. Zion Zionoiz yearbook. Students, under the guidance of the editors and advisor, will be responsible for filling assigned pages with photos, writing, and other thematic elements as determined by the staff. As a staff member of the Zionoiz, students will learn the fundamentals of journalism including writing, photography, and design along with the soft skills that come with interviewing and running a small business. Students will create books on a platform just like professionals use, and their classmates are buying their homework. *(This class is available to 10th through 12th graders as an elective credit and may be repeated multiple years)*

31 Asian - American Club *

Our mission is to foster inclusivity, build a community for Asian-Americans, promote cultural awareness and exchange at Mt. Zion. ALL students are welcome!

32 Aviation Club *

Aviation Club is a new club to MTZHS! Members discuss all things related to aviation from how to become a pilot and all the responsibilities and knowledge that comes with it to what it's like being an air traffic controller. Anyone interested in aviation are encouraged to join!

33 Board Game Club *

Board Game Club provides an opportunity for students to socially interact and play a variety of board games of to suit everyone's interest. The club meets after school on Thursdays. The club is open to any student at Mt. Zion High School. There is no charge or application.



Activities

34 Book Club *

Do you like reading books and spending time with friends? Join MTZ Book Club! We vote on a book to read for that month then we discuss and analyze it.

35 Chess Club*

Meetings are held every other Wednesday after school to discuss/debate topics of students' choosing. There will be both individual and group debates about various topics. The goal is to encourage students to think critically and improve at articulating their ideas naturally and effectively with little planning. It's also for students who want to engage with people their age and hear outside opinions! Anyone is welcome, and there are no requirements!

36 Debate Team*

Meetings are held every other Wednesday after school to discuss/debate topics of students' choosing. There will be both individual and group debates about various topics. The goal is to encourage students to think critically and improve at articulating their ideas naturally and effectively with little planning. It's also for students who want to engage with people their age and hear outside opinions! Anyone is welcome, and there are no requirements!

37 FCS *

Fellowship of Christian Students focuses on equipping, empowering, and encouraging both students and athletes at MTZ to be able to impact and influence lives of others in the school through their love of Christ. Meetings are every Wednesday at 7:10am. Students meet for a small devotional led by one of our upperclassmen. Anyone can join and all are welcome.

Activities

38 GSA *

The mission of Mt. Zion's Gay-Straight Alliance is to provide a safe and friendly environment for all students, regardless of sexual and/or gender orientation or political views on the subject, and to promote hate-free speech in our school and community. GSA is a student-run organization that hosts a variety of educational and awareness events for members, fundraisers for LGBTQ+ charities, and small-group "kindness" projects.

39 Honor Guard *

This group is made up of students who honor the country and its flag by displaying the colors for ball games and school events such as graduation and the Homecoming parade. Students who are proficient at marching are preferred. A uniform is required (at the cost of the student) for these events.

40 LARPing Club *

Live action role play



*-- Notes non-school sponsored organizations.

Athletics



Football

Mr. Patrick Etherton

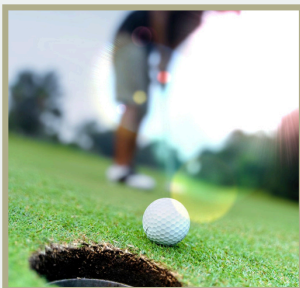
ethertonp@mtzschoools.org



Boys' Cross Country

Mrs. Kelly Fox

foxk@mtzschoools.org



Boys' Golf

Mr. Colby Burdick

burdickc@mtzschoools.org



Wrestling

Mr. David Klemm

klemmd@mtzschoools.org

Athletics



Boys' Tennis

Mr. Mike Roberts

robertsm@mtzschoools.org



Boys' Basketball

Mr. Felipe Phillips

phillipsf@mtzschoools.org



Baseball

Mr. Luke Highly

highlyl@mtzschoools.org



Boys' Track

Mr. Joe Fritzsche

fritzschej@mtzschoools.org

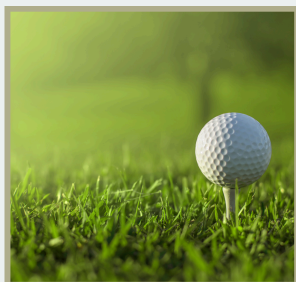


Boys' Soccer

Mr. Bryce Shumaker

shumakerb@mtzschoools.org

Athletics



Girls' Golf

Mr. Jay Driscoll

driscollj@mtzschoools.org



Volleyball

Mrs. Kristin Sams

samsk@mtzschoools.org



Girls' Cross Country

Mrs. Kelly Fox

foxk@mtzschoools.org



Girls' Basketball

Mr. Andy Place

placea@mtzschoools.org



Girls' Track

Mrs. Kelly Fox

foxk@mtzschoools.org

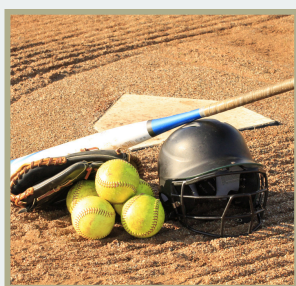
Athletics



Girls' Tennis

Mr. Mike Roberts

robertsm@mtzschools.org



Softball

Miss Camryn Skundberg

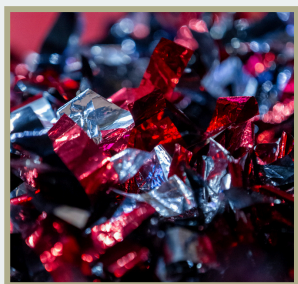
skundbergc@mtzschools.org



Cheerleading

Mrs. Rachel Sloan

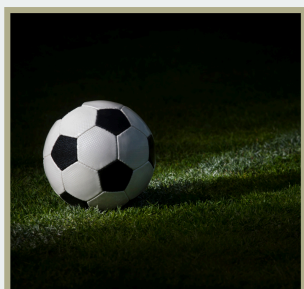
sloanr@mtzschools.org



Pom Pon Squad

Ms. Angie Clark

mtzpoms@gmail.com



Girls' Soccer

Mr. Scott Crawford

crawfords@mtzschools.org

BE BRAVE & JOIN!

For more information on a specific extracurricular activity, contact the sponsor below.

Academic Challenge - Mrs. Manhart	FBLA - Mrs. Hanes
A cappella/Quartets/Ensembles - Mr. Hansen	GSA - Mrs. McCarty, Mrs. Grider
Art Club - Mrs. Grider	Honor Guard - Mr. Hansen
Asian-American Student Association - Mrs. Lamb	International Club - Mrs. Abbott
Aviation Club - Jennifer Camden	Intramurals - Mr. Etherton
Band - Mr. Ward	Jazz Band - Mr. Ward
Bass Fishing - Mrs. Downs	Key Club - Mrs. Lewis
Board Game Club - Mr. Kershner	LARPing Club - Mrs. Pearson
Book Club - Mrs. Lamb	Math Team - Mr. Moyer, Mr. Marquis, Mrs. Windhorst
Braves TV - Mr. Rockey	MEDICS - Mrs. Downs
Chess Club - Mrs. Baker	NHS - Ms. McQuality
Color Guard - Mr. Ward, Tori Clyburn	Orchestra - Mr. Ward
Competitive Mixed/Unisex Show Choirs - Mrs. Cawthon	Scholastic Bowl - Mr. Marquis, Mr. Moyer
Debate Team - Mr. Kendall	Spanish Club - Mrs. Abbott
Drama Club - Mrs. Clifton, Mrs. Lewis	Speech Team - Mr. McCoy, Ms. Pearson
Drum Line - Mr. Ward, Mr. Weirman	SADD - Mr. Osborne
FCS - Mr. Osborne	Student Council - Mrs. Clifton, Mrs. DT
FCCLA - Mrs. Bland	The Tribe - Mrs. Lewis, Mrs. McCarty, Mrs. Clifton, Mr. Fritzsche, Miss Hill, Mrs. Stephenson
FFA - Mr. Walker	Yearbook - Mrs. Renshaw
Robotics - Mr. Moyer	
French Club - Mr. Sanon	

Mt. Zion Community Unit School District #3
A Great Place to Learn