

Kennedy High School

Activities Important Dates



2017-2018

Mr. Jason Kline, Principal
Mr. Aaron Stecker, Associate Principal/Activities
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Kennedy High School

Important Dates 2017-2018

The purpose of this brochure is to introduce you to the co-curricular programming opportunities at Kennedy High School and provide important information and dates regarding our programming, whether you are an incoming 9th grade student or a seasoned veteran of our programs.

Please use this brochure to be sure you are up to date and informed of important information such as sports starting dates, requirements for permission to practice, eligibility rules, and the best ways to communicate and stay up to date on Kennedy Activities.

Important Activities Office Information:

- The Kennedy Activities Office is located in the main foyer of Kennedy HS, between the two main entries off of the Horseshoe.
- Hours of operation are 7:45 am to 3:45 pm daily.
- The office phone number is 319-558-2328

Important Activities Websites:

- Schedules/Calendars: www.mississippivalleyiowa.org
- Activities Registration: <https://kennedy-ar.schooltoday.com/>
- Activities Information: <http://johnfkennedy.schoolteams.com/> and www.kennedyactivities.com

Stay up to date:

Kennedy Activities Schedules can be located at: www.mississippivalleyiowa.org – click on John F. Kennedy High School from the list of MVC schools on the right. Be sure to bookmark Kennedy's page. All of the competitive schedules of our activities programs can be found on this website. There is also a "Notify Me" which you will want to sign up for to receive schedule changes and updates immediately.

MANY OF OUR PROGRAMS HAVE INFORMATION AVAILABLE AT OUR ACTIVITIES-WEBSITE: <http://johnfkennedy.schoolteams.com/> (we will be transitioning from www.kennedyactivities.com but this site will remain active and, at a later date, route you to the new site) – BOOKMARK THIS SITE FOR UP-TO-DATE INFORMATION, CAMP AND CLINIC INFO, AND COUGAR ACTION PHOTOS!

The Kennedy High School webpage is <http://kenn.cr.k12.ia.us/> - this website will contain specific day-to-day information for Kennedy HS.

ATHLETICS REGISTRATION – We have moved to an online system for managing all of the paperwork and forms that come with participation in high school athletics. All student-athletes must register for athletics participation through the Activity Registration website at <https://kennedy-ar.schooltoday.com/>. A completed registration form through this site will include: student/guardian information, sports the student intends to participate in during the upcoming season, the submission of a current physical and physical date, acknowledgement of CRCSD policies and good conduct expectations, and acknowledgement of the IHSAA/IGSHAU and Iowa Department of Education concussion form. Each family will create an account (or log into an existing account) and add information for each of their student athletes.

- **Intent to participate** – When completing the registration form, please be sure to check all of the sports your athlete expects to participate in for the 2017-18 school year. This will place them on our rosters and be shared with coaches in their respective sports.
- **Physical** – Be sure to upload a current physical for each of your students and enter the date this physical was completed. This physical must have been completed within the 12 calendar months.

A 30-day grace period is allowed for insurance coverage purposes. If an athlete's physical expires they will be unable to practice or compete until a new physical is on file.

- Don't forget to arrange for your summer sports physical. When a new physical is completed, you may log back into your account, upload the new physical and update the date of completion in your account.
- **Concussion Form** – according to Iowa Department of Education policies, each student-athlete must have a signed Concussion Form on file in the Activities Office. This form is a part of the online registration process and can be signed by athlete and parent/guardian online. This must be completed each year. There are also forms available the Activities Office, or at the IGHS AU (www.ighsau.org) or IHSAA (www.iahsaa.org) websites.

Eligibility:

The Administration at Kennedy High School enforces the Cedar Rapids Community School District's and the Iowa Department of Education's "Good Conduct" Policy and Academic Eligibility Standards. It is a privilege to participate in Kennedy athletic and fine arts programs and we expect these students to hold to a high standard of personal behavior. Students representing Kennedy High School must demonstrate the qualities of leadership, citizenship, and good sportsmanship. Furthermore, our co-curricular participants are ambassadors of our school and community and are expected to represent themselves as positive role models. Department of Education guidelines on academic eligibility are now in effect. Students who receive a letter grade of "F" during any *final* grading period will lose 30-days of competition for athletic participation and 30-days of performance for fine arts participation. The required 20-credit minimum (current semester) is also in effect for *all* grading periods.

Fine Arts Information:

Marching Band Camp (Directors Lesley Fleeer & Jared Wacker): Rehearsals will start with pre-band camp music rehearsal on **Aug 3 & 4, 2017 from 8am – 12pm**. Marching Basics Camp (entire marching band + color guard) will be held on **Aug. 5 from 8am-4pm**. Band Camp (entire marching band + color guard) will be held from **Aug. 7-10, 2017 from 8am- 4pm** and also **Aug. 14 & 15, 2017 from 6pm-9pm and Aug. 16 from 3pm-6pm**. All of the summer rehearsals are held at Kennedy High School. More information will follow in the band spring newsletter including full band sectionals and evening rehearsals. To get on the mailing list please contact Lesley Fleeer or Jared Wacker at Kennedy High School. E-mail address: lfleeer@cr.k12.ia.us or jwacker@cr.k12.ia.us .

Orchestra Camp (Director John Hall): Orchestra Camp will be July 31-Aug. 4, 2017. Students need to report with their instruments to the orchestra room at Kennedy Mon. July 31 at 9:00 a.m. and will be in rehearsal until 12:00 p.m. each day. The camp will finish up with a picnic concert at Clark Park in Hiawatha on the evening of Thursday Aug. 3 at 6:00 p.m.

Vocal Auditions: (Directors Storm Ziegler and Scott Muters): Vocal auditions for show choir will take place in **April, 2017**. Students interested in auditioning for our ninth grade show choir experiences should contact Storm Ziegler or Scott Muters for more information. Audition times and places will be published and distributed for middle school students in early spring. **Information will be made available to the middle school directors in early April.** E-mail address: sziegler@cr.k12.ia.us or smuters@cr.k12.ia.us.

Show Choir Dance Auditions: (Directors Storm Ziegler and Scott Muters): Audition times and places will be published and distributed for middle school students via middle school directors in early spring. For specific information on dance auditions please contact Scott Muters or Storm Ziegler at Kennedy High School.

Theatre Auditions: (Director Nick Hayes, Technical Director Steven Tolly) Incoming 9th graders will have several opportunities to be a part of the drama department. Auditions for “Playtime Poppy” and the student directed “One Acts” are held throughout the fall and auditions for the spring musical are held in February. For questions about performances and auditions contact Nick Hayes at nihayes@cr.k12.ia.us. To learn about the technical side of theatre including lights, sound, staging, and set design contact Steve Tolly at stolly@cr.k12.ia.us

Competitive Speech Team: Auditions of large group and individual speech events are held in late October. Speech competes in January, February and March, state-wide at the district, state and all-state level. E-mail Melissa Osborn for further information: mosborn@cr.k12.ia.us

Summer Sports Information

Baseball (Coach Bret Hoyer): Eighth graders who wish to be considered for promotion to one of the 9th grade baseball teams will need to attend a tryout with the 9th grade baseball coaches. **Eighth grade students out for MS track MUST finish track and CANNOT miss track practice to attend HS baseball practice.** Incoming 8th graders and their parents should **text @jfkbsball to 319-250-4721** to get added to Coach Hoyer’s Remind text messaging notification system for updates and the date(s) of the tryout(s). More information will be disseminated via Remind and the JFK Baseball web site as dates for hat fitting, clothing items, etc. get finalized. E-mail address: brhoyer@cr.k12.ia.us **please email Coach Hoyer to be added to the distribution list for upcoming events/dates/times.**

Softball (Coach Maddison LeClere): First legal practice date for 8th graders is **May 15, 2017** and they are eligible immediately for competition at the appropriate level as determined by the coaching staff. **Eighth grade students out for MS track MUST finish track and CANNOT miss track practice to attend HS softball practice.** Eighth graders interested in playing Cougar Softball should contact Head Coach Maddison LeClere (MLeClere@coe.edu) to be added to our email list and begin receiving important information for the upcoming season.

Strength & Conditioning Information

ALL SPORTS: The weight room is open to all student athletes (male and female) throughout the summer. Students must register for the weight room camp through the Athletic Office. The weight room is NOT open for general weight room use. Camp information will be available in April/May. Ninth graders may contact Coach Tim Lewis to learn safe lifting practices. We encourage all student/athletes to attend one of our weight room camps to better prepare you for your favorite sport. Attendance at summer camps is voluntary but highly recommended. All camps offered are low-cost camps for athletes attending Kennedy High School. For additional information, contact Coach Tim Lewis (tlewis@cr.k12.ia.us) or please contact the Kennedy Athletic Office at 558-2328.

Kennedy HS runs one of the most extensive strength and conditioning programs in the MVC and the State. This program is available to athletes throughout the school year in the regular school day as a part of the student’s schedule. Contact Coach Tim Lewis for more information and let your counselor know that you are a Kennedy athlete and want to work Performance PE into your daily schedule.

Fall Sports Information

Women’s Swimming and Diving: (Head Coach) The swimming & diving season starts **Monday, August 7th, 2017.** The season runs through the first weekend in November. Coach Ross will help answer your questions regarding the Women’s Swimming and Diving program. Please email Head John Coach Ross at jdrarnr@aol.com to be added to the information distribution list. There will be summer camp and KAST Swim

Team opportunities available to all swimmers. Stay tuned to the website and look for information from Coach Ross regarding sign up information.

Cougar swim camp will run in three-week sessions starting in June and run Monday through Thursday. For more information on registration and camp costs please contact Coach Ross at jrdarnr@aol.com or Coach Thomsen at sthomsen@cr.k12.ia.us. Summer swim camp information, dates, and times can be found at www.cougarswim.org.

Football: (Head Coach Brian White):

Football season will officially start on **August 7th, 2017**. There will be summer strength and conditioning opportunities for all football players throughout the summer months. Email Coach Brian White at bwhite@cr.k12.ia.us your intention to participate in football next fall so that you will receive all of this information as it becomes available and visit www.kennedyactivities.com for updates. Summer activities and camp dates will be distributed to all of our feeder middle schools this spring. Football camps will be run in the weeks prior to the official start of practice. Stay tuned for more information as it becomes available in the coming months.

There will be an informational meeting on Wednesday, May 10th from 5:45 to 7:00 pm at Kennedy High School in the Cafeteria.

Volleyball: (Head Coach Michelle Goodall). Contact: michellegoodall@gmail.com

All event information will be posted on our website under the "Kennedy Schedules" link: www.kennedyactivities.com

All camp and practice dates will be added to our Kennedy Volleyball Google Calendar. For access to this calendar, and to ensure you've been added to the email distribution list, please fill out the 2017 Athlete Registration Form on our volleyball page of the Kennedy Activities website.

Mandatory Spring Meeting for all incoming 9th-12th grade: Wednesday March 29th, 2017 from 7-8:30pm in the black box theater at Kennedy (North entrance). After you are added to our distribution list, look for more details on this meeting via email.

Open gyms will be available in the late spring and camps, strength training, and skills & drills sessions will be available all summer long. Specific information on each option will be shared via our email distribution list as it becomes available.

On Monday, August 7th, 2017 mandatory practices will commence. Please plan your summer vacations accordingly.

Men's Golf (Head Coach Mike Green):

Kennedy High School golf practice begins Monday, August 7th. Students wishing to participate on the Cougar golf team must sign up with Head Coach Mike Green prior to May 15, 2017. Please send your Name, Address, Email, and Phone. Qualifying rounds will begin for upperclassmen on Monday, August 7th, with the second round on either Tuesday or Wednesday. All players will be assigned a tee time for these two qualifying rounds.

Summer: Athletes are asked to practice weekly throughout the summer and attend as many junior golf tournaments as possible. Players are reminded to NOT accept awards or cash prizes at any time during the school year. Players in violation of the IHSA Awards Rule risk losing athletic eligibility. Check with the Athletic Office or Coach Green for

more information on this rule. Summer awards must meet U.S.G.A. golf guidelines. REMEMBER: NEVER-EVER ACCEPT CASH PRIZES—YOU MAY LOSE YOUR ELIGIBILITY!

Freshmen: If an incoming freshman has played in summer tournaments and can consistently break 85, he can participate in Varsity tryouts on Day 1 & 2. All freshmen should send their scores to the freshman coach, Dave Rima drima@cr.k12.ia.us throughout the summer to verify they are breaking 85. Scores must be verified by a playing partner signing the scorecard as well as the player.

Requirements: All golfers must turn in a physical, sign a concussion form, and obtain permission to practice from the Activities Office by informing them that you will be playing golf before August 5th. For more information please contact Coach Mike Green at mgreen@cr.k12.ia.us.

Cross Country Information:

Coach Brian Annis—Men's Cross Country—E-mail address: bannis@cr.k12.ia.us

Mark Jensen—Women's Cross Country—E-mail address: mjensen@cr.k12.ia.us

Both the boys and girls teams will be running summer training camps. Please be sure to email the head coaches of your intent to participate in the fall so that you receive all information and updates.

The high school Cross Country season officially starts on **Monday, August 7th, 2017**.

Cheerleading (Fall and Winter): Head Coach, Shelby Patterson: The cheerleading team is a selected group of students interested in performing at fall football games, as well as winter squads (wrestling, boys and girls basketball). All students wanting to try out must attend the cheerleading clinics and tryouts to be considered. Try-outs will be held in April for the 2017-2018 fall and winter squads.

Cheerleading tryouts will be held April, with mandatory clinics. Middle schools will be contacted as soon as those dates and times are finalized. For additional information please contact Coach Shelby Patterson at: kennedycheer2015@gmail.com. Tryouts and clinics will be held at Kennedy High School. Final dates and locations will be posted when finalized.

Varsity Dance Team (Coach Miranda Arends): E-mail address: marends@cr.k12.ia.us

The Varsity Dance Team is a select group of students interested in competing in and out of state with the dance team at the varsity level. They also perform at home fall and winter sporting events. **Auditions are held in April** and are for current 8th, 9th, 10th, and 11th graders. Middle schools will be contacted as soon as dates and times are finalized; high school students will get this information through the daily school announcements.

Winter Sports Information

Men's Swimming practice starts **Monday, November 6th, 2017** and runs through early February. For more information on the Cougar swim program, please contact Coach Thomsen (sthomsen@cr.k12.ia.us).

Summer KAST, information, dates, and times can be found at www.cougarswim.org.

**** KAST **** (Kennedy Area Swim Team) runs from June through mid-July and is open to anyone age 6 to 17. **KAST** participates in the Cedar Rapids Recreation summer swim league and is an excellent opportunity to start or improve competitive swimming skills. Please contact Coach Thomsen (sthomsen@cr.k12.ia.us) for more information.

Men's Basketball: (Coach Jon McKowen): The basketball season starts **Monday, November 13th, 2017** and runs through early March 2018. The Cougar basketball staff offers a variety of summer basketball team and

individual camp opportunities. Please contact Coach McKowen to be sure you are on the list to receive more information on camp opportunities. E-mail address: jmckowen@cr.k12.ia.us

Women's Basketball: - (Coach Tony Vis) The basketball season starts **Monday, November 6th, 2017** and runs through early March 2018. The Cougar basketball staff offers a variety of summer basketball team and individual camp opportunities. Please contact Coach Vis to be sure you are on the list to receive more information on camp opportunities, which will run June 12-16, 2017. E-mail address: tvis@cr.k12.ia.us
There will be an informational meeting on Wednesday, March 29, 2017 in the Kennedy Black Box for all players, grades 9-12.

Wrestling: (Coach Dennis Hynek): Cougar wrestling practices start **November 13th, 2017**. The season runs through mid-February 2018. We will have summer wrestling information available by March. If your son wants to wrestle next year, please contact Coach Dennis Hynek (dhynek@cr.k12.ia.us) as he will enter your son in his database and contact you with information as it becomes available. You can also follow Coach Hynek on Twitter @JFKWrestling.

Bowling: The bowling season is a winter sport. There will be an information parent/ student meeting the middle of October. Practices will start the week of **November 6th, 2017** and conclude with the co-ed State Tournament scheduled for late February 20, 2018. If interested in bowling, you should contact **Coach Scott Bader** at dee4taz@gmail.com for both the girls' and the boys' teams. We are currently looking to do a clinic over the summer, so letting us know you are interested is the key, so we can notify you. We also fundraise and support Booster Club activities before our season starts so we need to be able to contact you.

Spring Sports Information

Women's Tennis (Coach Erin Seely): The high school tennis season gets started **March 12, 2018** and runs through May 2018. Coach Seely will be offering several camp opportunities in early June for girls interested in the Cougar tennis program. Dates and times for these camps will be posted later this spring at www.kennedyactivities.com. Email Coach Seely at erseely1972@gmail.com and you will be added to a distribution list and information will be sent out when available.

All camps are held on the Kennedy Tennis Courts.

Men's Tennis (Craig Bova): Men's tennis gets started on **Monday, March 12, 2018** and runs through the team state tournament in late May or early June. Summer tournaments are available; information on these tournaments can be gained through Westfield or Elmcrest. If you are interested in more information immediately, please contact Coach Craig Bova at cbova@cr.k12.ia.us or by phone (558-3383).

Men's Track and Field (Coach Curt Pakkebie): Men's Track and Field starts on **February 12th, 2018** and runs through late **May, 2018**. There are two distinct seasons in track. A short early spring to mid-April indoor season is followed by a late spring outdoor season. For information on track and field contact Coach Pakkebie, E-mail address: cpakkebie@cr.k12.ia.us

Women's Track and Field (Coach Duane Wampole): Women's Track and Field starts on **February 12th, 2018** and runs through late **May 2018**. There are two distinct seasons in track. A short early spring to mid-April indoor season is followed by a late spring outdoor season. For information on track and field contact Coach Wampole. E-mail address: wampoled@aol.com .

Women's Golf (Coach Julie Buerman): Women's golf starts on **Monday, March 12, 2018**. The regular season runs from March 22nd through May 31st. Students participating in golf should contact Coach Julie Buerman for more information on the Cougar golf program at: jbuerman@cr.k12.ia.us Ninth graders are

eligible for all levels of high school competition. Students do not need to have previous golf experience to be able to play on the team.

Please send Coach Buerman an email so she can add you to the Women's Golf Distribution List.

Summer camp will be available, specific info will follow in the coming weeks, so be sure to contact Coach Buerman and get on the communication list.

Golfers are asked to practice weekly throughout the summer/fall and attend as many junior golf tournaments as possible. Coach Buerman will provide interested golfers with information on junior tournaments and camp opportunities. **Players are reminded to NOT accept awards or cash prizes at any time during the school year. Players in violation of the IGHSAU Awards Rule risk losing athletic eligibility. Check with the Athletic Office or Coach Buerman for more information on this rule. Summer awards must meet U.S.G.A. golf guidelines. REMEMBER: NEVER-EVER ACCEPT CASH PRIZES—YOU MAY LOSE YOUR ELIGIBILITY!**

Men's Soccer (Coach Adrian Evans): The Cougar soccer season starts in the early spring (March 12th, 2018) and concludes in early June with the State Tournament. Ninth graders are eligible for all levels of high school competition. Make sure to check the men's soccer section of the Kennedy Activities website for additional information at: www.kennedyactivities.com. Physicals, concussion forms, and parent permission are required for ALL activities. If you have any questions, please contact Coach Adrian Evans at email address: aevans@cr.k12.ia.us.

Women's Soccer (Coach Scott Myers): The high school soccer season is a spring event. The ninth graders are eligible for all levels of high school competition. The first legal practice date is **March 19, 2018** and the season concludes in early June. Be sure to bookmark www.KennedyActivities.com as we update this page frequently with new information and potential camp dates. For additional information on the high school season, please contact Coach Myers at E-mail address: Smyers@coe.edu

Booster Club, PTA, FPA – PLEASE PLAN TO JOIN AND PARTICIPATE

We also hope that you consider participating in a variety of parent organizations that support our curricular and co-curricular activities (i.e., PTA, Athletic Booster Club, Foundation for the Performing Arts, etc.). **Parents, it is important to know that our activity program is NOT fully funded through tax-supported dollars. Our ability to offer athletic and fine arts opportunities is entirely dependent on Booster Club donations, FPA, and gate receipts. Your participation in these groups is vital to the success of our activity program. When Booster Club or FPA members call to ask you to volunteer for Kingston Stadium or other Kennedy volunteer services, please say YES!**

MEMBERSHIPS FOR THESE ORGANIZATIONS ARE INCLUDED IN THIS BROCHURE.

If you join Booster Club now at the Cougar Gold (\$200 level), your membership will be good for the remainder of the 2016-17 school year AND the upcoming 2017-18 school year. This is an 18 month value for the price of 12. Please consider joining today...your membership and participation are vital to the quality of programming your child will be a part of. Thank you for your consideration.